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THE MODERN BAKER CONFECTIONER & CATERER

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THE MODERN BAKER
CONFECTIONER AND CATERER

MOULDED MARZIPAN FLOWERS

THE MODERN BAKER CONFECTIONER AND CATERER

A PRACTICAL AND SCIENTIFIC WORK
FOR THE BAKING AND ALLIED TRADES

EDITED BY

JOHN KIRKLAND

LECTURER AND TEACHER OF BREAD-MAKING NATIONAL BAKERY SCHOOL BOROUGH POLYTECHNIC INSTITUTE LONDON

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Crullers are sometimes rolled out in long strips and twisted instead of being made as rings. (See Plate, FERMENTED BUNS, Nos. 5, 6, 7, 10.) The fat should in the meantime be in preparation, and when it is hot enough, by the sign given above, the crullers are dropped in. If only a few are required a wire spoon, or even a piece of wood, will be sufficient to turn these when done on one side, and to lift them out when finished; but if the trade is in any way large it is better to have a special pan made for boiling them, and to have two or three wire trays made to fit the pan, so that when one baking of dough nuts or crullers is done, the whole can be lifted out at once and allowed to drain on the tray by which it is lifted from the boiling pan, while a clean tray is placed there for the next batch.

Frying Crullers.

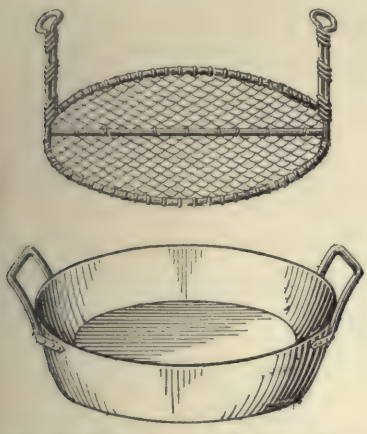


Fig. 27.—Pan and Drainer for Dough Nuts

One of the common faults with buns boiled in fat is that after they are cooled they have a very fatty taste, the dough itself being somewhat sodden and the outside covered with quite a skin of fat and sugar. This defect is the direct result of the fat being too cold when the rolls are first placed in it. On this account a skin is not quickly formed on the outside of the roll, and the heated fat has time to permeate the dough: on the other hand, when the fat is hot enough, it forms a crust on the rolls almost immediately after they are placed in it, and little or none soaks in. Besides producing rolls that are pleasanter to eat, this condition is of course more profitable, as much less fat is needed. It should be a standing instruction in the bakery that the dough-nut pan be cleaned out each day it is used. The flour and pieces of dough which are detached from the rolls fall to the bottom, and become burned and black, and when the fat is shallow the dough nuts get dirtied in this.

Greasy Dough Nuts.

Heat of Fat.

Instead of boiling dough nuts, the same pieces, with jam in centre, rolled round and proved, can be baked in small fluted or plain tins, and are then called *snowballs*. The tins are similar to the common sort used for cheese cakes, and the buns are proved in them in the usual way in a dry, warm cupboard, as they are wanted round and plump, and steam, if in any appreciable quantity, softens and flattens them. When sufficiently proved they are washed over lightly with milk, and castor sugar is dusted on their tops. (See Plate, FERMENTED BUNS, Nos. 19, 20.) When nearly baked they are dusted over with pulverized sugar and returned to the oven for a few seconds to set this, but not long enough to melt the sugar. These buns lend variety to the common goods in the window, and, being white, look rather enticing and sell well. The size they are made must depend on the price to be obtained. As a rule, they

Snowballs.

are sold amongst the halfpenny buns, and are therefore not made larger than 1½ oz. each.

CHAPTER LIII

BABAS AND SAVARINS

Babas and *savarins* are a class of fermented goods, mostly of French origin, which are supplied in high-class confectioners' shops. The latter are so named from Brillat-Savarin, a famous writer on gastronomy. They are either sold dry to customers, who have to finish them for the table as required, or they are sent out ready prepared. They are generally soaked in a boiling syrup strongly flavoured with rum and such liqueurs as maraschino, noyau, &c. The dough for these things is obtained very light by being toughened through much mixing. They are made in several shapes (see Plate, BABAS, SAVARINS, AND KOUGLOF), and are intended to be filled with whipped cream or stewed fruits. The following is the recipe and method for

How Baba Dough is Lightened.

LARGE BABAS AU RHUM

Recipe for a Large Baba au Rhum.

1½ lb. strong flour.
1 lb. butter (clarified).
1 oz. yeast.
1½ oz. castor sugar.
10 eggs.
3 gills warm milk.
½ lb. currants.
¼ lb. finely chopped mixed peel.
1 gill rum.

Sift the flour and draw aside about 4 oz.; make a bay; place the yeast in the centre, and add enough warm milk to make all into a light sponge. Prove in a basin in a warm cupboard. With the remainder of the flour also make a bay, into which place the sugar and two-thirds of the eggs. Make all into a dough, gradually adding the remainder of the eggs. The dough at this stage will be fairly stiff. Toughen it thoroughly by mixing, and while so doing add the remainder of the milk. Throw the dough over, and bang it on the board several times until quite elastic. Gradually mix in the warm butter, give all another beating, and cut in the sponge to this with both hands. Place all on the oven stock to rest for half an hour in a warm pan, then beat again and fill in the moulds. Fluted copper or tin moulds are used for these large babas. Dress with clarified butter. Fill the moulds about one-quarter full with the prepared dough, dropping it in a little at a time with the fingers, then smoothing round. Cover with a cloth, and store in a warm part of the bakehouse

Method of Making Baba Dough.

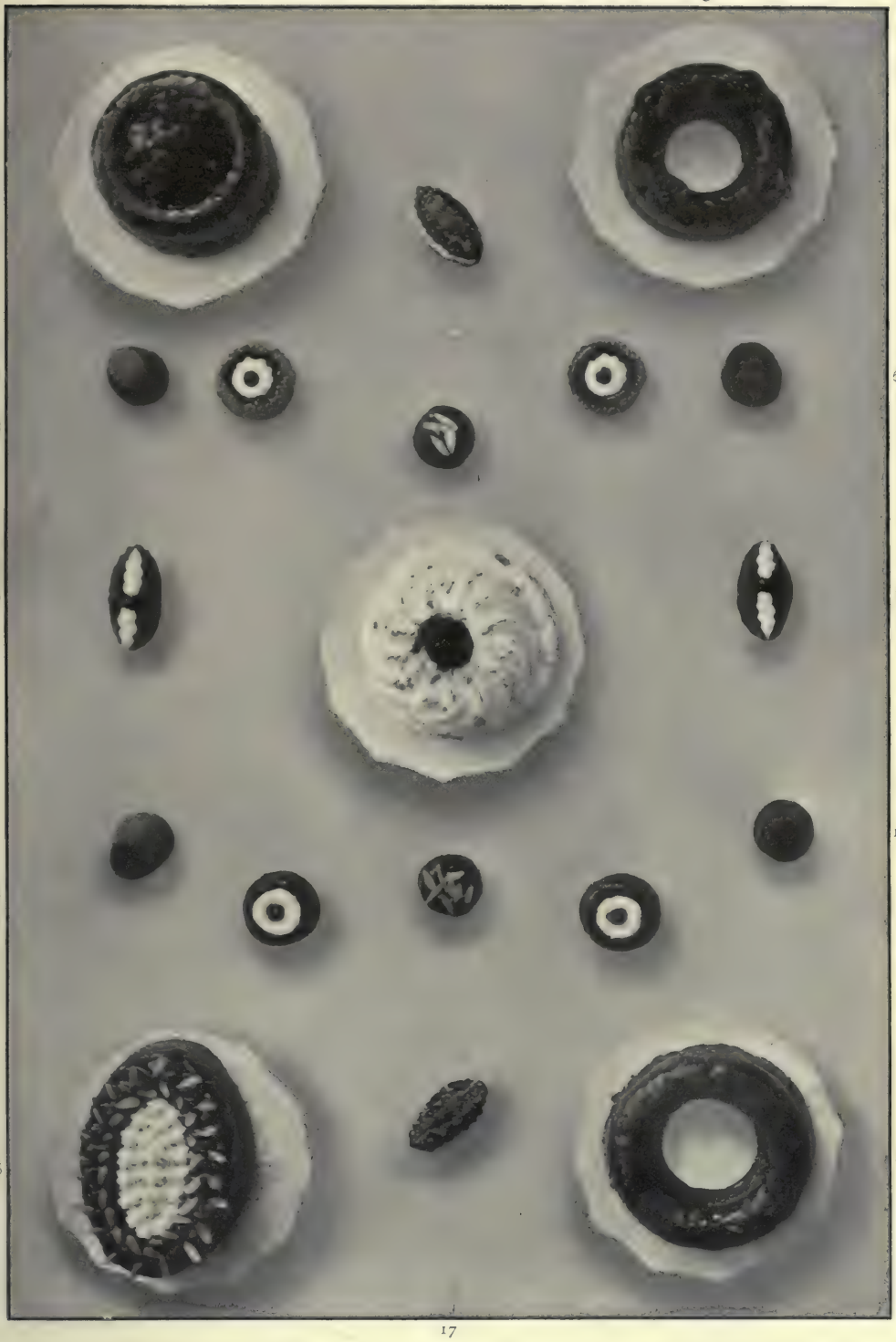
Toughening Process.

Stage for Sponge Mixing.

BABAS, SAVARINS, AND KOUGLOF

1. Savarin of Cherries.
2, 17. Orange Babas.
3. Savarin with Preserved Fruits.
4, 7, 11, 12. Babas.
5, 6. Almond Creams.
8, 13. Almond Savarins.
9, 10. Savarins au Kirsch.
14, 15. Noyeau Savarins.
16. Savarin of Apricots and Cream.
18. Plain Savarin.

Centre piece is a Kouglof.

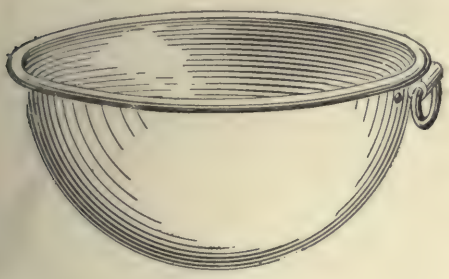


BABAS, SAVARINS, AND KOUGLOF

until sufficiently proved. If possible, these moulds should not be placed in the drying oven; for this is frequently too hot, and in consequence the butter runs down the sides of the mould, causing the cakes to break when being turned out. When adding the paste to the larger moulds, take hold of the quantity required with both hands, stretch this long, place round in the mould, and tap it on the board to settle the paste. When the paste has proved to within an inch of the top of the mould, bake to a rich golden colour in a fairly hot oven. Turn out on a wire tray, and when cold dip into hot syrup; remove after a few seconds, and pour over each a little Jamaica rum. The cakes will slightly swell out when placed in the syrup, and will be ready for serving. They should eat rich and light, and if the paste has been toughened as suggested the cake will show no sign of breaking.

Cause of Cakes Sticking to Moulds.

Soaking Babas.



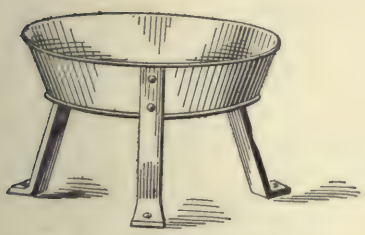


Fig. 28.—Mixing-bowl and Stand

These goods are generally required in very small quantity, and if it is not convenient to make a special dough for them, this dough may be prepared from a piece of ordinary bun dough thus. Take 2 lb. of dough from plain bun dough as already described, and thoroughly mix ½ lb. of sweet butter into it on the board; then mix in, a few at a time, 1 pt. of egg yolks. Work and stretch this very soft dough over and over the hands, flapping it on the board until it becomes very tough. Fill it, as already described, into well-greased moulds, and prove in a warm place under a damp cloth. These cakes take a considerable time to prove, owing to the quantity of yolks in the dough; about ½ in. from the top of the mould is a good sign of readiness. Owing to differences in the sizes of moulds, it is difficult to give the quantity of dough required for each, but the quantities given above should be sufficient for twelve or thirteen moulds. When sufficiently proved they are treated in the manner already described.

Method for Small Quantities.

Small Babas au Rhum

The following is a method for small *Babas au Rhum*. Dress small dariole moulds with butter, and one-quarter fill each with paste made up as for large babas. Remove the paste from the mixing-bowl to the moulds with the fingers, shape each piece round on the side of the pan, and drop into the centre of the moulds. Prove, bake, and finish off as for large cakes.

Shapes of Small Sizes.

Orange Babas

When customers object to the use of spirits, recourse may be had to fruit essences. The following recipe for *Orange Babas* is in much favour. Flavour the dough with the zest of four oranges, prove in small crimp moulds 3 in. long and 1½ in. wide, and soak in orange syrup. Brush over the top with some apricot jelly, and pipe on the centre, with paper cornet and star tube, a little orange-flavoured whipped cream. Lemon-flavoured babas may be prepared in the same way. (See Plate, Nos. 2, 17.)

Babas without Spirit.

Orange Babas.

Large Savarins au Kirsch

Large Savarins au Kirsch may be made from paste prepared as for babas, only without the addition of currants or other dried fruit; but the dough may be flavoured with zest of lemon. Use oval or round plain moulds with centre tube (fig. 29). These are generally about 2½ in. high, and the paste is proved to almost fill them. This will rise during the baking to ½ in. higher than the mould without falling over the side. Soak in hot syrup, flavoured with kirsch. These are served up in various forms, sometimes sent up to the table quite plain (see Plate, Babas, Savarins, and Kouglof, Nos. 9, 10), without cream or fruits in them. The appearance of these cakes may be improved, if required, by dressing the moulds with thin filleted almonds, which should be freshly blanched. Methods of decorating and preparing savarins for the table will be given in the chapter on Entremets.

Savarins with Kirsch.

Filleted Almonds in Moulds.

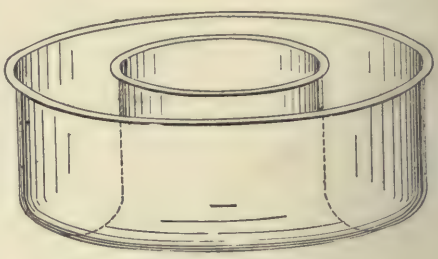


Fig. 29.—Savarin Mould

Small Savarins au Kirsch

Small Savarins au Kirsch are made in shallow round moulds, raised in the centre, 3 in. in diameter, and about 1 in. deep. They are turned upside down when soaked, and finished off with a little whipped cream in the centre. On top of the cream half a bright cherry or a little chopped pistachio nut is placed.

Finishing Small Savarins.

Small Almond Savarins

Small Almond Savarins are made in round moulds, 2½ in. in diameter, and 1½ in. deep. They are dressed with butter and finely chopped almonds. Prepare the savarin paste, and add 2 oz. ground bitter almonds; place a small portion into each mould, prove, bake, and soak in hot syrup. Sprinkle over each some noyau liqueur, brush over with hot jelly, and place a split almond on the top of each. (See Plate, Nos. 8, 13.)

Almond Savarins.

Almond Cream Batons

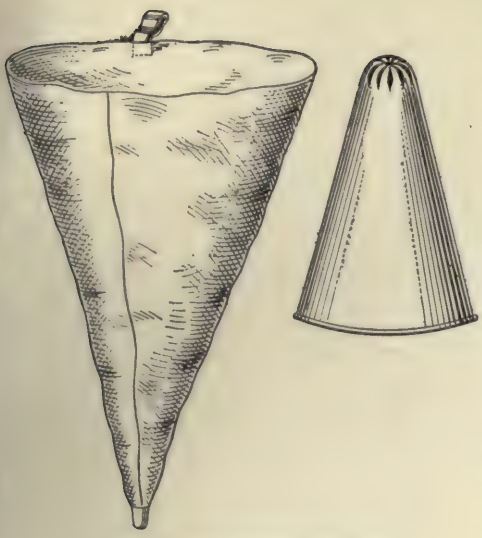


Fig. 30.—Forcing-bag and Star Tube

Very neat and tasty cakes called *Almond Cream Batons* are made from a little savarin paste, baked in small boat-shaped moulds, soaked in syrup, flavoured with noyau liqueur, and brushed over with apricot jelly. They are cut down the centre of one side, and a little whipped cream is placed in each with a forcing-bag and a small star tube (fig. 30). In adding the cream, care must be taken to pipe it in the cut neatly; otherwise the cakes look rather messy. Finish by sprinkling on the top of each some chopped pistachio or green desiccated cocoanut.

Almond Cream Batons

CHAPTER LIV

BRIOCHE AND KOUGLOF

On the Continent brioche is in great favour as a fancy fermented cake. It is made very rich, but without much sugar, and is eaten with cream or with savoury filling. The following quantities and method make satisfactory brioche dough or paste:—

Brioche Dough or Paste.

3 lb. flour.
1¾ lb. butter.
1¼ oz. yeast.
1 oz. salt.
2 oz. castor sugar.
24 eggs.

Sift the flour, and take about 4 oz. of it, and with the yeast and a little warm water make up a small sponge, and place away in a warm place to prove. Make a bay with the remainder of the flour; mix in two-thirds of the eggs, add the sugar and salt, and make all into a fairly stiff dough. Work in the remainder of the eggs, and mix in the butter; then add the sponge, and store away in a cold place, covered with a cloth in a clean pan, for eight or nine hours before working off. This paste is generally made up the last thing in the evening and used up first thing

Method of Mixing.

in the morning. Small buttered crimp pans, 2½ in. in diameter and 1½ in. deep, should be prepared for these cakes, which are shaped cottage-loaf fashion or other fancy shape (see Plate, LARGE AND SMALL BRIOCHE SHAPES). Turn out the paste upon a board dusted with flour, scale off in 2½-oz. pieces, hand up, and mould. Wash over with egg, make three incisions with a pair of scissors round the side of each, and bake in a hot oven.

Shapes of Small Brioche.

The larger brioches are made in more or less fancy shapes (see Plate, BRIOCHE SHAPES), amongst which a *crown* is a favourite. Scale off 1 lb. of paste, hand up, and allow to lie covered over on the board for fifteen minutes. Make a hole in the centre, and gradually enlarge it by working the dough between the hands until a ring is formed about 8 in. in diameter. Without spoiling the shape lay this upon a greased baking sheet and wash over with egg. With a sharp pair of scissors cut round the inside circle of the paste, making the incisions all at the same angle so as to show prominently when baked.

Brioche Crown.

Mode of Shaping.

For small savoury sandwiches brioche is made up in fingers. These fingers are made by shaping small pieces of the dough baked in oblong moulds, or rolled up under the hand, washed over with egg, and baked in a hot oven. Wash twice to give them a rich bloom, cut when cold, and sandwich together with whipped cream, potted meat, or chopped egg and cress.

Brioche Sandwiches.

Brioche paste is made up in many shapes. When not served with cream or savouries, the small cakes are generally eaten with wine or coffee. Those confectioners who cater for light luncheons should find this paste very useful. The characteristic about brioche, which distinguishes it generally from other sorts of fermented cakes, is its short and cheesy nature when eaten.

Character of Brioche and its Uses.

KOUGLOF

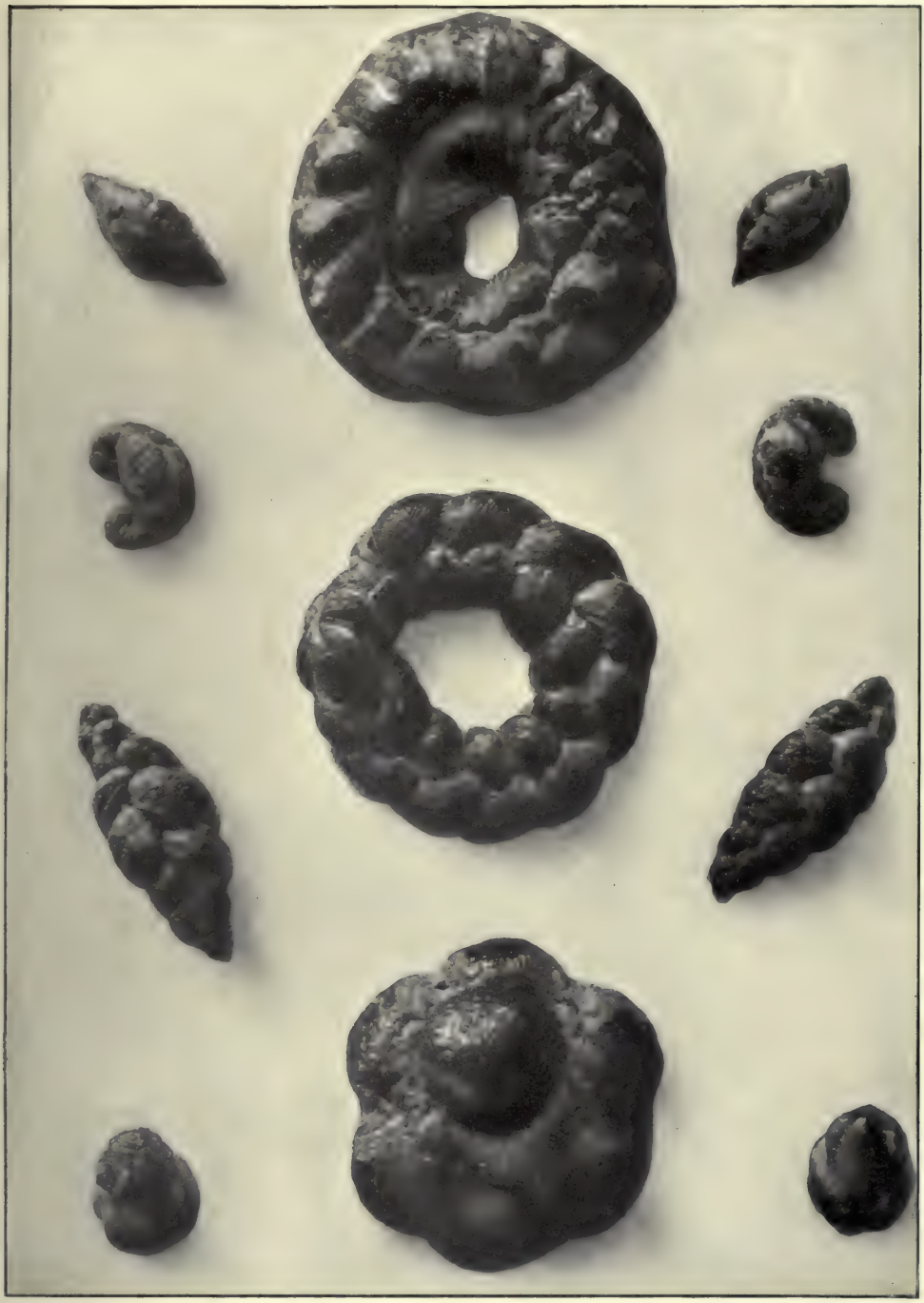
A form of rich light cake greatly favoured in Germany and called *Kouglof* (see Plate, BABAS, SAVARINS, AND KOUGLOF) is now made by a good many English confectioners. There does not seem to be any set rule for making these rich cakes. Some are prepared from rich bun dough; others are made with rich paste very similar to that used for savarins, only containing extra sugar, and in some districts the butter used is chopped in with the flour, no yeast is added, and the white of eggs is beaten up separately before being mixed with the other ingredients. A special dough for this cake is made as follows:—

German Kouglof.

Fermented Kouglof Dough.

2 lb. flour.	2½ gills milk.
¾ lb. butter.	¼ lb. stoned raisins.
6 oz. castor sugar.	¼ lb. currants.
1 oz. yeast.	2 oz. finely chopped peel.
10 eggs	Zest of 3 lemons.

Sift the flour, and with the yeast and part of the warm milk make a



LARGE AND SMALL BRIOCHE SHAPES

sponge. With the remainder of the flour, sugar, eggs, and milk make all into a clear dough; work in the butter, add the sponge, fruits, and lemon zest, and place in a pan on the oven stock to prove, while dressing the moulds with clarified butter and thin filleted almonds. Beat the paste well in the pan, and then place enough in each mould to fill little more than one-third of its capacity. When this has reached to within 1 in. of the top, bake in a hot oven, turn out on a wire tray, and dust with icing sugar.

Another recipe, in which eggs are the only aerating agent, is as follows:—

Unfermented Kouglof Dough.

4 oz. flour.
3½ oz. butter.
3½ oz. sugar.
6 whites.
8 yolks.
4 oz. mixed fruit.
A little grated nutmeg.

Chop the butter in small pieces with the flour. Place the yolks and sugar in a mixing-bowl, and cream these up light with a spatula. Whisk the whites quite firm, stir these in with the yolks and sugar, then add the mixed flour and butter, stir in the fruit, and three-parts fill the mould. Bake at a moderate temperature. When cold, dust over with icing sugar. This mixture will give good results if made carefully. The cake is very light, and requires careful baking. It should not be turned out from the mould until thoroughly baked, or there is danger of its sinking in at the sides.

Method of Dough-making.

Dough from the same mixture is sometimes made up in flat sheets, and either dusted over with sugar or iced over with fondant or water icing it is sold as *coffee cake*; but this is usually done with the fermented variety made poorer in quality than the recipe given above, especially in the matter of eggs. Coffee cake is wanted much whiter in colour than the kouglof made in a mould.

Coffee Cake.

CHAPTER LV

SCONES

Bakers and confectioners of to-day can hardly realize the difficulties of those of former times in the matter of lightening their common goods. Yeast of the home-made sort they always had, and this was invariably used although it was necessarily a slow-working agent. Eggs could be used only for better-class and expensive goods, and butter was, if not the lifting, at least the relieving agent in puff paste. It is quite safe to say that about eighty years ago no chemicals except pearlash and alum were used by the baker

Lightening Agents Used in Old Time by Bakers, &c.

as aerating agents. About this time the use of the sesquicarbonate of ammonia became common; then carbonate of magnesia was tried by itself and also along with tartaric acid, and cream of tartar, and with sulphuric acid; then ordinary carbonate of soda was tried with the acid substances just mentioned. These experiments were conducted for the most part in connection with gingerbread-making, and it was some time before any of these things were used in cake or in white bread. For a long period mixtures of tartaric acid and bicarbonate of soda were in greatest favour with the trade, but, as explained in the section on Chemical Aerating Agents (Vol. I, p. 241), the rapid action of these substances on each other made them unsuitable for the baker's often slow operations, and in consequence cream of tartar has almost wholly taken the place of tartaric acid. A reference to the section just mentioned will show how many and various are the substitutes for cream of tartar now offered to the trade, and on account of their comparative cheapness they find a good deal of favour. The writer, however, after a long experience of substitutes, has a strong liking for pure cream of tartar to use along with bicarbonate of soda, and believes that better and more uniform results are obtained from these than from any of the substitutes in the market. The effects of the various chemicals on each other have been already fully explained, and it is only necessary now to proceed to a description of the method of preparing the several classes of goods aerated by this means.

Aerating Agents Used in Gingerbread.

Soda and Tartaric Acid.

Soda and Cream of Tartar.

Substitutes for Cream of Tartar.

One point of interest may, however, be raised here as to the chemical effects of the milk used in such goods. In Ireland and Scotland the almost universal practice is to use buttermilk—not separated milk—for baking purposes. This milk is sour—that is, it contains a considerable quantity of lactic acid—and this souring has taken place while the cream was in or on the milk. The general idea is that the use of such milk saves the cream of tartar, since the acid of the milk takes its place as a neutralizer of some of the soda. But it is an accepted article of faith with those who use buttermilk that it produces a bulkier, softer, and moister-eating scone than one made even with fresh milk. This has been explained already as being due to the softening or maturing or ripening action of the lactic acid of the milk on the gluten of the flour, an action somewhat akin to that which proceeds during fermentation. But if on account of the presence of this acid in the milk the quantity of cream of tartar be too much reduced—if, in other words, all the milk acid is neutralized by excessive soda—then its property as a softening agent is destroyed, since it cannot perform two separate chemical actions at the same time. When fresh milk is used, the contained butter exercises a softening effect on the goods; but the nature of this softening is quite distinct from that due to the use of buttermilk; it is a physical, while the latter is a chemical effect.

Chemical Effects of Milk.

Softening Effects of Buttermilk.

Physical Effect of Butter in New Milk.

Where the quantity of aerated scones and cakes to be made is very small, it is better to mix a large quantity, say a 140-lb. bag, of flour with the necessary chemicals at once, and then use the flour afterwards as "patent" flour or "soda" flour. The usual and always efficient mixture is 1 oz. of bicarbonate of soda and 2 oz. of cream of tartar to each 4 lb. of flour, so that a bag of 140 lb. requires 2 lb. 3 oz. of bicarbonate of soda and 4 lb. 6 oz. of cream of tartar. This should, of course, be sifted at least twice. It is the practice in some bakeries to prepare one lot of flour for cake and another lot for scones, the former with smaller quantities of the chemicals; but experience teaches that this plan is more apt to cause confusion than to facilitate the work. It is always possible to use the full *patent* flour in any quantity along with plain flour, so that the amount of the chemicals in any given mixture can be adjusted as desired.

Standard Proportion of Chemicals.

As aerating agents for some kinds of cakes and biscuits, two baking powders are referred to in the text further on. The first is known for reference as *No. 1 powder*, and is made by sifting several times through a fine wire sieve 1 lb. of cream of tartar, ½ lb. of bicarbonate of soda, and 1½ lb. of corn flour. For *No. 2 powder* sift together 4 lb. of corn flour, 2 lb. of cream of tartar, 1 lb. bicarbonate of soda, and 2 oz. of ammonium carbonate. Both these powders should be stored in air-tight canisters. It is more convenient to use them than to weigh small quantities of chemicals.

Baking Powders.

A good deal of flour is sold by bakers as "self-raising" flour, and for this it is better to mix a special lot with a smaller quantity of chemicals, as this flour is used in the household practically by itself in crusts, cakes, &c., and would not suit if very strong. The following mixture for self-raising flour for shop sales is one that gives entire satisfaction to customers, and is sold wholesale to grocers for retailing: one sack (280 lb.) flour, 1 lb. 14 oz. soda, 3¾ lb. cream of tartar, 2½ lb. salt, 10 lb. rice flour. The ingredients are well sifted over the flour in a trough, then all mixed together, and afterwards sifted twice. The addition of the rice flour assists in keeping the flour dry, but it has also a shortening effect when the flour is used in home-made goods, and this is very much in its favour with the housewife.

Self-raising Flour for Public Sale.

Purpose of Adding Rice Flour.

A common subject of debate in the bakery is whether it is better to work up the dough very quickly after it is mixed and get it in the oven at once, or whether the goods are improved in bulk and softness by allowing the dough to lie a little. To this the general answer may be given that if tartaric acid is used the goods should be got to the oven as quickly as possible, because a good deal of the chemical action takes place in the cold; but if cream of tartar or its substitutes are in use, it is well to start dividing the dough and moulding the pieces as soon as it is made. But after the scones or cakes are on the baking sheets, and do not require to be handled again, they are all the better for standing a little, but not too long, before baking.

Should Aerated Dough Stand before Baking?

Sultana Scones

In London and in most parts of England scones are mostly oven-baked, and amongst these the greatest favourite is probably that known as the *Sultana scone.* (See Plate, Chemically Aerated Goods, No. 19.) The mixture and method are as follows:—

Sultana Scones.

4 lb. Hungarian and home-milled patent flour.
2 oz. cream of tartar.
1 oz. bicarbonate of soda.
½ lb. butter and lard mixed.
½ lb. castor sugar.
6 oz. Sultana raisins.
4 eggs.
About 1 qt. milk.

Previous to mixing the cream and soda with the flour, these should be passed through a hair sieve to break up the particles of soda. With an ordinary flour sieve sift all three together several times to ensure thorough mixing. Make a bay; place the sugar, lard, butter, and eggs in the centre; cream these well together with the hand; add the milk and the sultanas; then without toughening make all into a smooth clear dough. Scale off in 12-oz. pieces, hand up and pin out round, about 7 in. in diameter; place upon greased baking sheets, divide each into four pieces of equal size (they need not be cut quite through), wash over with egg, allow to rest for ten minutes, wash over once more, and bake in a hot oven. These scones are sold at 1*d.* each, or 3½*d.* per round. Some confectioners prefer when pinning out the dough to keep the centre slightly higher than the sides, with a view to improving the appearance of the scone. It is better to cream up the fat in the bay than to rub it in the flour, as it ensures better mixing.

Creaming Butter, &c., for Scones.

Cream Scones

What are usually called *cream scones* (see Plate, Chemically Aerated Goods, No. 3) are made from the following:—

Cream Scones.

4 lb. flour.
¾ lb. butter.
½ lb. castor sugar.
2¼ oz. cream of tartar.
1 oz. bicarbonate of soda.
About 1½ pt. milk.

Make all up into a smooth clear dough as for the former scones, scale off in 5½-oz. pieces, pin round to 7 in. diameter, and place upon greased baking sheets. Wash over twice with egg and bake in a hot oven. When these scones are partly baked, and may be handled without spoiling the shape, turn them over on the baking sheet, and return again to the oven to

finish. Care must be taken that they are not allowed to bake too much before turning.

In London one of the largest tea-shop companies makes a speciality of such scones, which are made from the following mixture: 8 lb. soft flour, 2 oz. bicarbonate of soda, 4 oz. cream of tartar, 30 oz. lard, 18 oz. sugar, 12 oz. sultanas, 4¾ pt. milk. These are greasy unless handled with care, but they eat very soft. **London Tea-Shop Scones.**

Afternoon tea small scones of the same sort, but cut in four pieces, are made thus:—

Afternoon Tea Scones.

4 lb. flour.	2 oz. cream of tartar.
6 oz. lard.	1 oz. bicarbonate of soda.
10 oz. castor sugar.	1 qt. milk.

Weigh up and mix all together, scale off in 7-oz. pieces, pin out to 8 in. diameter, cut in four, and place on a baking sheet. Wash over with egg, and finish as for large cream scones.

Small batons for sandwiches suitable for receptions or other functions may be quickly made thus:—

Cream Sandwich Batons.

4 lb. flour.
1 lb. butter.
1¼ oz. cream of tartar.
½ oz. bicarbonate of soda.
8 eggs.
5 gills milk.
¼ oz. salt.

Prepare the dough as for scones, allow it to lie for ten minutes, pin out ¼ in. thick, and with an oblong cutter 3 in. long and 1¼ in. wide cut out without making many trimmings, or cut in oblong pieces with a knife or scraper. Lay on a greased baking sheet, and wash over with egg; let them rest for fifteen minutes, then wash over again and bake in a hot oven. These batons when cold may be split and sandwiched together with potted meat or fish, or with chopped egg and cress. **Filling for Cream Batons.**

Small round cream scones can be made by adding 6 oz. of castor sugar to the above recipe. These are cut out with a plain round cutter 2½ in. in diameter, washed over with egg, and then baked on wire trays. They may be served up at afternoon tea, plain or sandwiched with cream, flavoured with vanilla sugar. **Cream Filling for Scones.**

Wholemeal Scones

A recipe for wholemeal scones has already been given, but when a small rich scone of this kind is wanted, the following mixture should be used:—

Small Wholemeal Scones.

6 lb. wholemeal.	4 oz. cream of tartar.
2 lb. plain flour.	2 oz. bicarbonate of soda.
¾ lb. lard.	1 lb. 2 oz. castor sugar.
¾ lb. butter.	2 qt. milk.

Prepare as for Sultana scones, scale off in 12-oz. pieces, pin out round, and divide in four as for other scones, or cut out oblong in 3-oz. pieces, and bake on a wire tray.

From the above recipes the varieties of scones may be increased by altering size or shape. For window purposes it always looks better to have this class of goods small, especially in good neighbourhoods, but too much care cannot be taken to make them neat and well finished.

CHAPTER LVI

CHEMICALLY AERATED BUNS

Raspberry Buns

A great variety of soft buns are made with chemicals, among the most popular being *raspberry buns* (see Plate, Chemically Aerated Goods, Nos. 2 and 4). The mixture is as follows:—

Raspberry Buns.

3 lb. soft flour.
¾ lb. butter.
1 lb. castor sugar.
8 eggs.
2 oz. No. 1 powder.
3 gills milk.
Raspberry jam.

Sift the flour and powder several times together, make a bay, place the sugar, eggs, and butter in the centre, and cream these together; add milk, draw in the flour, and make all into a medium stiff dough. Scale off in 4-oz. pieces, divide each piece in two, hand up, and turn them over on a dusted board. Flatten out with the hand, and place on the centre of each some raspberry jam, forced out from a paper cornet. Draw the edges of the dough over the jam, and press the ends well together with the fingers to cover up the preserve entirely. Turn the buns over again on the board, and wash with white of egg; dust castor sugar on them from a dredger, make four incisions across the top of each with a sharp knife, and bake in a hot oven, say about 440° F. Make the cuts on the top deep enough to allow the jam to show through when baked.

Closing Raspberry Buns.

Cocoanut Buns

A popular variety of bun in some localities is covered with shredded cocoanut (see Plate, Chemically Aerated Goods, Nos. 31, 34). For these use the following mixture:—

Cocoanut Buns.

6 lb. flour.
1 oz. bicarbonate of soda.
2 oz. cream of tartar.
1¾ lb. butter.
1½ lb. castor sugar.
16 eggs.
6 gills milk.

Prepare as for raspberry buns, hand up, wash with egg, and turn over on to some coarse desiccated cocoanut; dust well with sugar and bake in a hot oven. If these buns are baked in a cold oven they do not spring so well, and they eat dry.

Rice Buns

When customers are in doubt what to buy, they invariably turn with confidence to *rice buns* (see Plate, Chemically Aerated Goods, Nos. 6, 10) as something nice enough without being over rich, and even so common an article is therefore worth care and attention. The following is a good mixture:—

Rice Buns.

3 lb. flour.
6 oz. lard.
6 oz. butter.
½ lb. sugar.
2 oz. ground rice.
6 eggs.
4 gills milk.
2½ oz. No. 1 powder.

Mix as for raspberry buns, weigh off in 5-oz. pieces, and divide in two. Roll round and place near together on the board, then wash with egg, and sprinkle some sugar nibs over them. Transfer to the baking sheets, and bake in a warm oven.

Coffee Buns

Coffee buns (see Plate, Chemically Aerated Goods, Nos. 28, 29) are made from the following mixture:—

Coffee Buns.

3 lb. flour.
½ oz. bicarbonate of soda and 1 oz. cream of tartar.
1 lb. castor sugar.
¾ lb. butter.
9 eggs.
3 gills milk.
Coffee essence.
Caramel colour.[1]

Prepare the dough in the usual way; then scale and hand up as for raspberry buns. Bake without washing over with egg, and when cold cover the top of each bun with coffee water icing, made by mixing some icing sugar with hot water to a thick paste, and adding a little essence of coffee to taste, and colouring with burnt sugar. Finish by placing on each a little roasted shredded cocoanut.

[1] *Caramel* or *Black Jack* is made by burning some sugar in an iron pot, and then dissolving this in a little water to make a thick paste.

Cherry Buns

For *cherry buns* (see Plate, Chemically Aerated Goods, Nos. 11, 12) use the following mixture:—

Cherry Buns.

2 lb. flour.
10 oz. butter.
8 oz. castor sugar.
6 oz. cut citron peel and cherries mixed.
1½ oz. No. 1 powder.
A little milk.
5 eggs.

Scale these buns off in 1½-oz. pieces, and wash over with white of egg; place half a cherry on the top of each, dust well with castor sugar, splash lightly with water, and bake to a light golden colour.

Orange Buns

Orange buns (see Plate, Chemically Aerated Goods, Nos. 25, 26) are prepared as for cherry buns, except that the zest of two oranges is added in place of the cherries and citron peel. Hand up and wash over with white of egg. Cut the orange peel into round pieces with a small cutter, and place one piece in the centre of each bun; dust with sugar and bake. These buns also look attractive when baked plain and washed over with orange-flavoured water icing when cold, then decorated with the orange peel.

Orange Buns.

Orange Peel Discs.

Rock Cakes

Another universal and old favourite is the *rock cake* (see Plate, Chemically Aerated Goods, Nos. 15, 33), made with the following mixture:—

Rock Cakes.

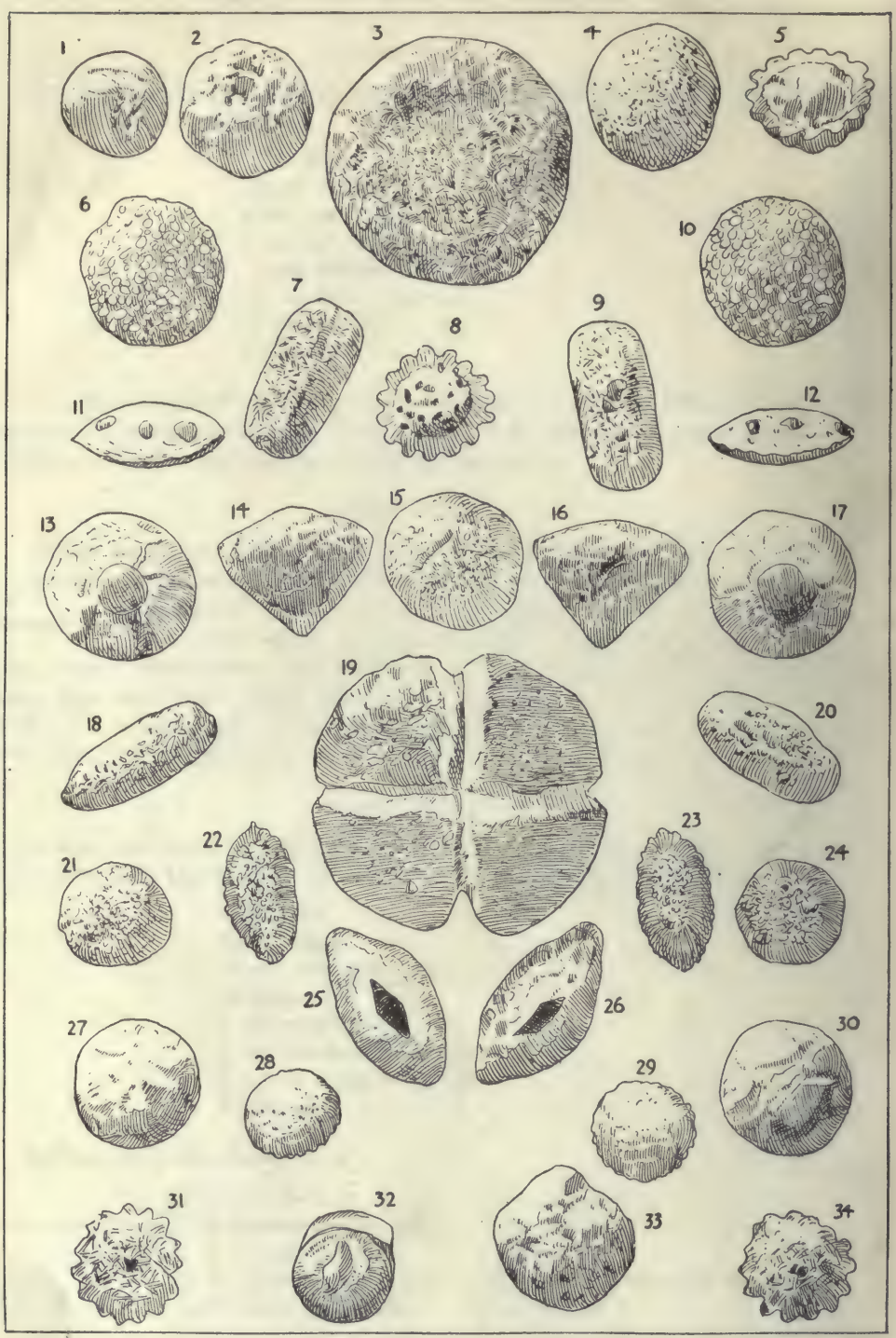
4 lb. flour.
1¼ lb. sugar.
14 oz. lard and butter mixed.
10 eggs.
1 lb. mixed fruit.
½ oz. bicarbonate of soda.
1 oz. of cream of tartar.
3 gills milk.

Another recipe for rocks is:—

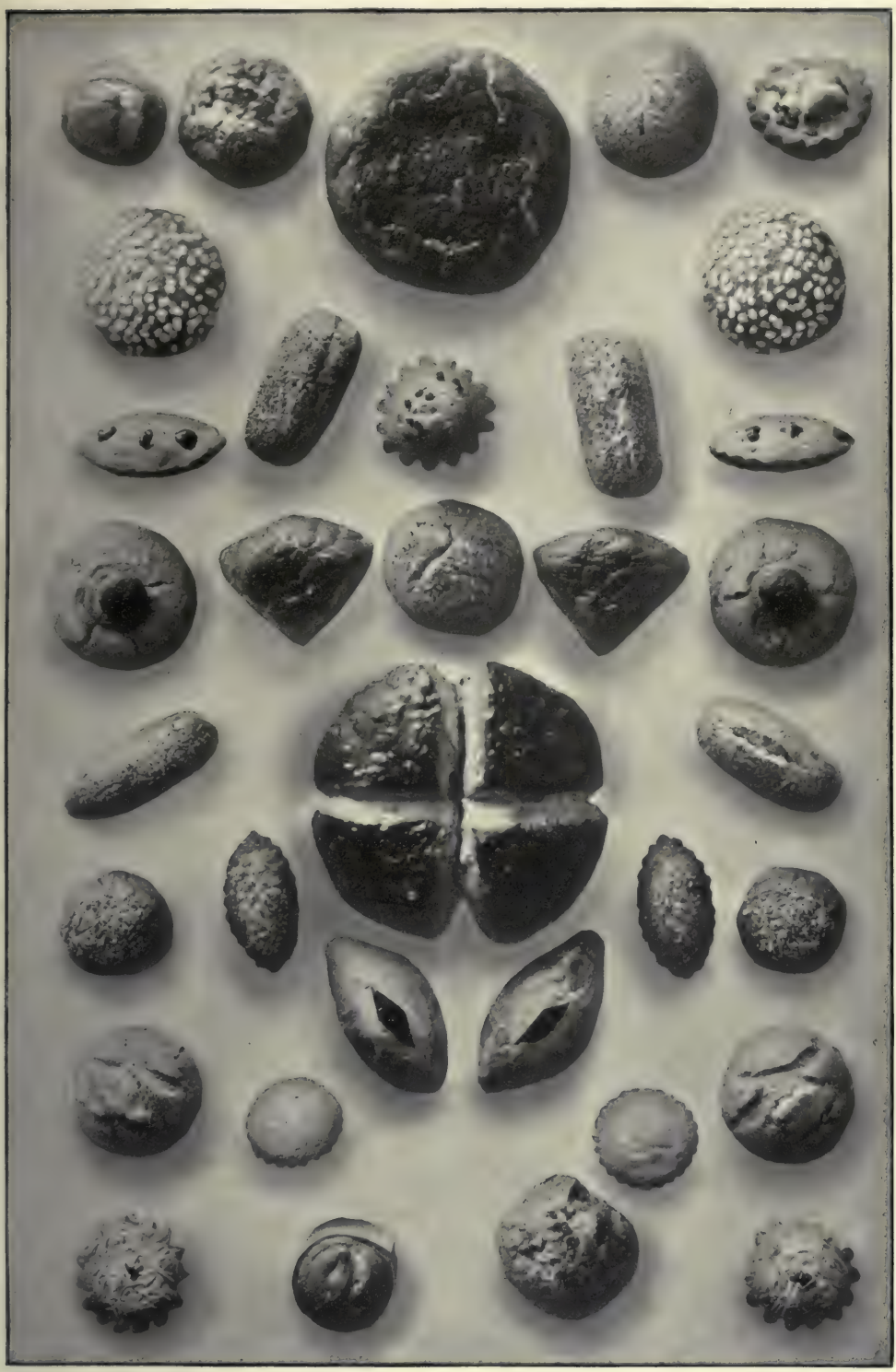
Cheap Rocks.

4 lb. soft flour.
1 oz. bicarbonate of soda.
2 oz. cream of tartar.
1¼ lb. (pieces) moist sugar.
¾ lb. butter substitute.
¾ lb. currants.
¼ lb. mixed peel.
5 eggs.
Egg colour, essence of lemon.
6 gills milk.

Make all into a fairly soft dough as for raspberry buns, break off in



1, 32, Madeira Cakes. 2, 4, Raspberry Buns. 3, Cream Scone. 5, 8, Queen Cakes. 6, 10, Rice Buns. 7, 9, Cocoanut Bars. 11, 12, Small Cherry Cakes. 13, 17, Lemon Buns. 14, 16, Small Tea Scones. 15, 33, Rock Cakes. 18, 20, Lemon Bars. 19, Sultana Scone. 21, 24, Mixed Fruit Buns. 22, 23, Cocoanut Boats. 25, 26, Orange Buns. 27, 30, Lemon Curd Buns. 28, 29, Coffee Buns. 31, 43, Cocoanut and Cherry Buns.



SPECIMENS OF CHEMICALLY AERATED GOODS

pieces about 2¼ oz. each, place on greased baking sheets; shape with a fork, wash over with egg, dust each with castor sugar, and bake in a hot oven. The mixture will make about 56 cakes at 1*d.* each.

Cocoanut Bars

Cocoanut bars (see Plate, Chemically Aerated Goods, Nos. 7, 9) are another variety made with the following mixture:—

Cocoanut Bars.

4 lb. flour.
1 lb. castor sugar.
¼ lb. lard.
½ lb. butter.
2½ oz. No. 1 powder.
4 gills milk.
6 eggs.
Essence of lemon.
Egg colouring.

Mix all together as for cocoanut buns, and hand up in 2½-oz. pieces. Roll out finger-shape to a length of 3½ in., wash over with egg, cover the top of each with coarse desiccated cocoanut, dust with castor sugar, and bake in a hot oven.

Instead of the above the following may be used:—

4 lb. flour.
1¼ lb. sugar.
½ lb. butter substitute.
3½ oz. No. 1 powder.
7 gills milk.
Essence of lemon.
Egg colour.

Prepare in the usual way, and scale off at 3½ oz. each.

Lemon Buns

Buns are usually baked on flat sheets, but the same mixtures can be baked in moulds, and may still be called buns, although the general practice is to name them cakes. The following *lemon buns or cakes* (see Plate, Chemically Aerated Goods, Nos. 13, 17) made in moulds are a satisfactory line:—

Lemon Buns in Moulds.

1½ lb. flour.
10 oz. castor sugar.
7 oz. butter.
1 oz. No. 1 powder.
5 eggs.
1¼ gills milk.
Zest of 2 lemons.
4 oz. finely chopped lemon peel.

Prepare dough in the usual way, scale off in 1½-oz. pieces, roll round and place in greased plain round moulds similar to those used for penny custards. Wash over with white of egg; cut out small round pieces of thin lemon, and place one piece in the centre of each bun; dust with sugar, and bake thoroughly. The tops should be pale in colour; therefore the oven must not be over hot.

Almond Buns

Another variety, made in somewhat the same way, is called an *almond bun*. The quantities of ingredients are:—

Almond Buns.

½ lb. stale sponge-cake crumbs.
1¼ lb. flour.
¾ lb. butter.
6 oz. castor sugar.
6 eggs.
2 oz. powder.
2 gills milk.
Essence of almonds.

Prepare in the usual way, scale into 1½-oz. pieces, place into oval dressed moulds, wash over with egg, place a split almond on the centre of each, sprinkle some cake crumbs over them, and bake in a hot oven.

CHAPTER LVII

SMALL CHEMICALLY AERATED CAKES

Heart Cakes

Heart cakes are a kind of cheap flour confectionery that belongs essentially to the cake class. The following is the recipe:—

Heart Cakes.

1½ lb. flour.
¾ lb. sugar.
½ lb. butter.
6 eggs.
½ pt. milk.
¼ lb. currants.
½ oz. cinnamon sugar.
¾ oz. No. 1 powder.

These small cakes are baked in heart-shaped frames 1½ in. deep without bottoms, upon papered baking sheets. Cream the butter and sugar well together; beat in the eggs gradually; add the flour, milk, and currants, and fill the frames from a forcing-bag and ½ in. plain tube. They are sold at 1*d.* each.

Another and a richer recipe for heart cakes is as follows:—

Rich Heart Cakes.

$1\frac{1}{2}$ lb. flour.
$1\frac{1}{2}$ lb. eggs weighed in shells.
1 lb. butter.
1 lb. sugar.
6 oz. cherries.

Prepare and mix the materials as described above. Before adding the preserved cherries cut them in halves, but do not chop them. Fill each frame, drop on a piece of cherry and some shredded cocoanut, and bake in a hot oven.

Small Madeira Cakes

Small *Madeira cakes* (see Plate, Chemically Aerated Goods, Nos. 1, 32), or, as they are usually named, *lunch cakes*, sell well. The following is a good mixture:—

Small Lunch or Madeira Cakes.

1 lb. butter.
$1\frac{1}{4}$ lb. castor sugar.
2 lb. flour.
2 lb. eggs.
Zest of 2 lemons.

As an alternative this mixture may be used:—

$\frac{3}{4}$ lb. butter substitute.
$1\frac{1}{2}$ lb. castor sugar.
$2\frac{1}{2}$ lb. strong flour.
6 eggs.
5 gills milk.
1 oz. cream of tartar.
$\frac{1}{2}$ oz. bicarbonate of soda.
Essence of lemon and egg colour.

Prepare the ingredients and mix all together in the usual way for cakes. Bake in round shallow papered hoops, with a small piece of citron peel on the top of each cake. The second mixture is the cheaper, and will return a fair profit if made in hoops 3 in. diameter and $1\frac{1}{2}$ in. deep, and sold at 1*d.* each.

Queen or Wine Cakes

Small *queen cakes* (see Plate, Chemically Aerated Goods, Nos. 5, 8) may be made from either of the mixings used for small Madeira cakes. These are generally baked in crimp patty pans $2\frac{1}{2}$ in. to 3 in. diameter, with a few currants sprinkled on top. There is no need to beat in the flour in these mixtures. If this is thoroughly mixed in with other ingredients, a smooth clear batter will be obtained. These cakes when baked in a hot oven will come up well in the centre, with full head showing on each.

Queen Cakes.

Another recipe for *queen or wine cakes* is as follows:—

Wine Cakes.

12 lb. soft flour.
5½ lb. castor sugar.
3 oz. bicarbonate of soda.
6 oz. cream of tartar.
¾ oz. ammonium carbonate.
24 eggs.
3 lb. neutral fat.
3 qt. milk.

Tottenham Cake

It sometimes happens that a large number of pieces of cheap cake are required at very short notice for such functions as children's treats or tea meetings, and in such circumstances it may be almost impossible to prepare some thousands of buns or small cakes. Resort is then had to cheap sheet cake, which is easily made and looks large at the price at which it is sold. The cheapest cake of this sort that may still give entire satisfaction is that generally called *Tottenham cake*. For this the following ingredients may be used:—

Tottenham Cake.

12½ lb. soft flour.
2½ lb. lard.
2½ lb. soft sugar.
2 lb. currants.
¾ lb. orange peel chopped fine.
3 oz. bicarbonate of soda.
6 oz. cream of tartar.
¼ oz. essence of lemon.
3 qt. milk.

These materials are made into a soft dough in the usual way, and then spread on baking sheets with edges all round about 1½ in. deep. The sheets should be greased, and then have a sheet of bakehouse paper spread on the bottom. The sheets, after smoothing on top with a little milk, should lie for about ten or fifteen minutes to lose their toughness. They are then baked in an oven at a temperature of about 430° to 440° F. The paper on the bottom facilitates the easy removal of the sheets from the tins. After cooling they are thinly iced over with water icing made with pulverized or second-grade icing sugar and hot water into a thick paste, and flavoured with a few drops of peppermint. The cakes are then cut up, generally into three-cornered pieces of any size desired. This cake sells well, when freshly made, in the vicinity of schools or factories.

Papering Sheets.

Loch Katrine Cake

A richer and higher-class sheet, which was at one time a great favourite in Scotland, is called *Loch Katrine cake*. For this the baking sheet is first

of all covered with a thin and not over rich short paste made with 2 lb. flour, 8 oz. lard, 1 oz. sugar, and about 3 gills water. This is pinned out or rolled out on a biscuit machine to about $\frac{1}{8}$ in. thick, and broad enough to cover completely the bottom of the baking sheet, which has previously been slightly greased. This sheet of paste is then washed over well with water, and on the top of it while wet is spread a dry mixture consisting of 2 lb. currants, 1 lb. cake crumbs, and $\frac{1}{2}$ oz. mixed spice. After spreading on the wet paste this mixture is further moistened on top by being well splashed with water. On the top of this a cake mixture about $\frac{3}{4}$ in. thick is spread. This cake consists of 12 oz. butter, 12 oz. sugar, 5 eggs, and 2 lb. of flour, through which $\frac{1}{4}$ oz. bicarbonate of soda and $\frac{1}{2}$ oz. cream of tartar have been well sifted. The butter and sugar are creamed up in the usual way, the eggs added, then the flour, and about three-quarters of a pint of milk is stirred in. This cake is baked in a moderate oven, and when cold is iced over with royal icing—made with white of egg and icing sugar,—and before it dries some red cochineal or other red colouring is sparked on to it in spots, by drawing a knife along the edge of a hard brush containing the colour. The cake must be cut before the icing sets, with a sharp knife kept wetted. When properly made and neatly cut in three-cornered pieces this kind of cake will sell well in the shop.

Loch Katrine Cakes.

Spiced Crumb Mixture.

Royal Icing.

Ginger Cake

Another good selling article, called a *ginger cake*, is made thus:—

Small Ginger Cakes.

2 lb. flour.
$\frac{1}{2}$ lb. lard.
$\frac{1}{2}$ lb. butter.
$1\frac{1}{4}$ lb. golden syrup.
7 large eggs.
2 oz. powder.
$\frac{1}{4}$ oz. mixed spice.
$\frac{1}{4}$ oz. ground ginger.
6 oz. preserved ginger.
Split almonds.

These cakes should be baked at a moderate temperature (about 400° F.), so that they may rise steadily during baking, and not flow over the sides of the pans, nor sink in the middle when baked. Mix the ingredients together as for small Madeiras, working in the syrup when adding the flour. Mix in also some small pieces of preserved ginger. Use crimp patty pans $2\frac{3}{4}$ in. in diameter and 1 in. deep. Grease the shapes with clarified butter, dust with flour, and place three split almonds in each shape before putting in the cake mixture. Three-quarters fill each from a forcing-bag. When baked turn upside down upon a wire tray. The almonds should be laid in to show clearly on the cakes when turned out of the moulds.

Cool Oven for Syrup Mixtures.

The same cake can be made in baton form thus. Prepare the mixture with half the quantity of powder that is given for ginger cakes, and bake in a shallow wooden frame to have the cake 1 in. thick when baked. When cold wash over with water icing, cut into batons $2\frac{1}{2}$ by $1\frac{1}{2}$ in., and finish by placing on each a small piece of preserved ginger.

Ginger Batons.

Another kind of cake may be made up from this recipe. Line some plain, cup-shaped patty pans with short paste (see recipe No. 2, p. 337), three-parts fill each with the mixture, and when baked wash over with water icing flavoured with part of the syrup from the preserved ginger. These cakes are all sold at 1*d.* each.

Honey Cakes

Small honey cakes are made from the same mixture as above, but in moulds not quite so large. When baked they are turned upside down upon a wire tray. A little pink fondant is piped on the top of each cake, and on this is placed a small piece of bright-coloured cherry cut out with a $\frac{1}{4}$-in. plain cutter. In making up these cakes use half honey with the syrup, and leave out the preserved and powdered ginger. These cakes will retain their moisture for several days when carefully baked, and as they should be of a good colour, it is not advisable to use cheap dark syrup.

Small Honey Cakes.

Finishing Honey Cakes.

CHAPTER LVIII

THE PREPARATION AND USE OF FONDANT

Fondant has already been referred to, and will be still more frequently mentioned in subsequent chapters, as a covering for many small and large pastries, especially those of the Genoese class. It is therefore desirable, before proceeding further, to give instructions for preparing this and other icings in common use. The utensils required for making fondant are a copper or brass preserving pan, four quite straight steel bars, a large wood spatula with copper or steel head if possible, and a marble or slate slab. Many confectioners use factory-made fondant. This is useful for some purposes, but where the craftsman has the convenience and time it is better that he should make it himself. The cost of material is very small, and that made by the confectioner will contain less glucose than most of the fondant that is factory-made. Glucose is used to prevent too rapid crystallization of the sugar, and as this in itself is nearly non-crystallizable, no more than a certain quantity may be boiled with the sugar. When this is added to the fondant in large proportion, it is mixed in while the syrup is being creamed in the machine. This is what makes

Utensils for Making Fondant.

Why Fondant is sometimes Tough.

some fondant tough, and when this sort is re-warmed for covering purposes it requires an extra quantity of stock syrup to reduce it to the right consistency. In the place of glucose, cream of tartar may be used in the proportion of ¼ oz. to each 18 lb. of lump sugar. This serves the same purpose as the glucose, by preventing the sugar from graining when boiled under proper conditions. It really changes some of the cane sugar into invert sugar, or, speaking generally, into glucose.

Use of Cream of Tartar in Fondant.

The main purpose, however, in adding glucose in many cases is to cheapen the fondant. Its greatest virtue consists in the effect it has in giving a rich gloss to the icing. Cream of tartar is oftener added to fondant used for the preparation of small sweets (*fondants*); also for centres specially prepared for chocolate covering. This fondant is firmer than that made with glucose, but not tough, and it readily becomes soft when pressed between the fingers. In theory, fondant is sugar dissolved in water, and recrystallized. These crystals in carefully prepared fondant should be very fine, and not perceptible to the naked eye. It is these very fine crystals that give the sheen to the icing, but when they are large the sugar dries with a dull appearance.

Why Glucose is used in Fondant.

Theory of Fondant-making.

For ordinary fondant, weigh into a copper bowl 18 lb. of lump sugar; add 2 qt. and ½ pt. of water, and place over a steady fire. While this is warming, break every particle of sugar by stirring, and have the syrup quite clear before it is allowed to boil. If this precaution is not taken, and the sugar, being partly dissolved, is allowed to boil, these pieces will not dissolve readily, and will eventually cause the whole mass of syrup to grain. The reason of this is that in the dense syrup the large pieces are more likely to accumulate fresh crystals about them than to break down, as the syrup after a little boiling becomes in part supersaturated, and in this state it is a well-known phenomenon that solid particles, especially of the substance in solution, very readily produce a sudden crystallization of the whole.

Recipe for Fondant.

Danger of Lumps or Large Crystals.

When in doubt as to whether the syrup is ready for boiling, especially if it is required for the best work, strain it through a fine wire or hair sieve. As soon as this is ready, wash down the sides of the pan with a splash brush dipped in cold water, remove the scum, and allow the syrup to boil as quickly as possible. Boiling over a slow fire will spoil the colour of the sugar. Stand a sugar thermometer in the pan, and when this shows a temperature of 235° F. drop into the boiling syrup 3 lb. of liquid glucose. Continue the boiling until a temperature of 245° F. is reached. Remove at once from the stove and pour the sugar on the marble slab, which has been previously splashed with cold water, and on which four steel bars ½ in. thick and 30 in. long have been placed in position to form a square. Splash the sugar

Straining Syrup for Fondant.

Bad Colour and its Cause.

Temperature for Fondant.

with cold water, and let it lie for at least two hours without being disturbed. Sugar that is hot will crystallize quickly, and the crystals will be large, which renders the fondant useless for the purpose required. For this reason better results are obtained by allowing it to remain undisturbed until cold; in this condition more labour is necessary to cream the sugar, as it will crystallize slowly, but better fondant is obtained at the finish. For creaming use a spatula, with copper head if possible; if not, an ordinary long wooden spatula will answer the purpose. Turn the sugar backwards and forwards, leaving no part untouched, until the whole mass becomes white and sets quite firm in a heap on the slab. Cover with a damp cloth, and allow it to lie for one hour; then remove and store in a covered pan. This fondant should be soft, of a creamy or easily soluble nature, and yet not sticky. This may be tested by rolling a very small piece between the thumb and forefinger. If no sugar thermometer is available there are two other methods of testing the sugar as to its readiness while boiling. One is by testing with the fingers. For this purpose, take a little of the hot syrup out of the pan with two fingers which have just been wetted in water, dip the fingers with the sugar quickly back into the water, and the syrup, if thick enough, will cling to them, and is easily shaped into a small ball. This degree is known as the *soft ball*. Where one is afraid to use the fingers a small spoon may be used, but it is not so effective. The other method is more simple. Take a thin piece of wire curled over several times at one end (fig. 31), dip this into the hot syrup, and raise quickly from the pan; if the sugar is ready for pouring out on to the slab, this may be blown off from the wire in long threads. This is known as the *full feather degree*, and is equal to the *soft ball*, 245° F.

Rubbing or Creaming Fondant.

How to Test Finished Fondant.

Testing Degrees of Sugar-boiling.

Fig. 31.—Wire for Sugar-testing

Soft Ball Degree.

Full Feather Degree.

Sometimes fondant is known to ferment when kept in stock. This may be the result of the syrup not having boiled to a high enough temperature, or to the addition of too much water from some source or other. It is not advisable to pour hot syrup upon a warm slab, as this will cause it to hold the heat much longer than it should do, and may eventually produce graining, and it would then be useless for fondant-making, and could only be used for thinning down with extra water to make stock syrup. During hot weather, where there are no means of cooling the slab, such as are obtained in some sweet-factories by having a supply of cold water circulating underneath, a piece of block ice may be placed on during the time the sugar is boiling.

Cooling Slab for Fondant.

Uses for Spoiled Fondant.

Re-warming fondant for covering pastries is an operation as important

FORMER PRESIDENTS, NATIONAL ASSOCIATION OF MASTER BAKERS

WILLIAM ROFF, born in Bedford in 1841, was for some time in the milling business. He succeeded his father in a baking business in his native town, and ultimately became the leading baker, confectioner, and caterer in the county. He was President of the National Association in 1897–8. He took an active interest in local and political affairs, and was for many years on the local Town Council and the County Council. He retired from business in 1901, and devotes his leisure to travel.

GEORGE WINN, born at Friskney, Lincolnshire, in 1837, served his apprenticeship at Wainfleet, and started on his own account at Hull in 1864. He took a great interest in the charitable and philanthropic institutions of that city. He was President of the National Association in 1899. He died in 1905.

JOHN HUMPHREY, born at Honiton, Devon, in 1839, served his apprenticeship to baking in Exeter, and was in business in his native county before starting in London (Chelsea) in 1867. He was chairman of the Master Bakers' Pension and Almshouse Society in 1881, of the London Master Bakers' Charities in 1897, President of the London Protection Society in 1897, and of the National Association in 1902. He has been for many years on his local Board of Guardians and Council, and is a member of the Bakers' Company and a freeman of the City of London.

JAMES H. MORRISON, born in Lanarkshire in 1850, gained extensive experience as a baker on shipboard and in Australia, America, &c., and afterwards had a large business at Forest Gate, London. He is now manager of the largest bakery in Liverpool. He takes a great interest in technical education, and has personally conducted very successful classes at Hull. He was President of the National Association in 1904.

WILLIAM ROFF
(Bedford)

GEORGE WINN
(Hull)

JOHN HUMPHREY
(London)

JAMES H. MORRISON
(Liverpool)

FORMER PRESIDENTS, NATIONAL ASSOCIATION OF MASTER BAKERS

as the making. In the best circumstances the sugar on fancy goods is quickly affected by the atmosphere, and will not keep the gloss longer than a few days, especially if the air is very moist; but if it is overheated, this gloss will disappear within a few hours after the goods are covered. Prepare the fondant for covering purposes by warming the quantity required in a small saucepan over the stove in a shallow pan of hot water. Stir with a wooden spatula or spoon, and heat to a temperature of 80° to 85° F. If too firm to run smooth readily, reduce to the consistency required by adding some stock syrup, then remove from the hot water and use at once. The sugar must not be beaten while warming. Careful stirring will prevent air from being taken in.

Why Fondant becomes Dull.

Effects of Overheating.

Temperature for Masking Fondant.

Where the fondant is prepared for covering the tops of large cakes, such as Christmas and birthday cakes, it should be heated to a temperature of at least 90° F. This sugar will set firmer, and is in better condition to receive decoration with glacé royal or mixed fruits. Fondant that has been made weak with syrup should not be used for this purpose, owing to its tendency within a few hours after covering to shrink on the cake and become unsightly. On account of the royal icing drying so hard, fondant is used for covering the tops of these cakes, and it suits exceedingly well for cakes that have a fairly quick sale. Another icing, which sets firmer but eats soft, is made by mixing with 1 lb. of warm fondant 3 dessertspoonfuls of very light glacé royal made with white of eggs and icing sugar only.

Gentle Treatment while Warming.

Fondant for the Tops of Large Cakes.

Soft-eating Fondant for Cakes.

Fig. 32.—Dropping Bottle for Fondant

Many very nice shades of colour may be made for covering decorated pastries by proper additions to the fondant. Only those colours that are harmless should be used. While bright they should not be glaring. They should not look dull, and all shades that have the reputation of being poisonous should be avoided; in particular, deep greens and blues should not be used. For commercial purposes, the confectioner has only a very small choice of colours, and goods that are highly coloured are obnoxious, and find no sale. Formerly he had to rely upon vegetable colours; but in recent years the range has been very much widened by harmless colours from artificial sources. In mixing these it is always advisable to do the work by daylight, as the shades of colour are deceptive when made up by gaslight. Where this is not practicable a dropping bottle (fig. 32) containing the liquid colour should be used; it will be found effective as a means of adding the colouring matter in very small increments at once, so preventing an overdose. As the same pans are generally used

Colour for Fondant.

Daylight for Colours.

for warming the fondant, the strength of the colour may be first ascertained by natural light, and an account kept of the number of drops of colouring necessary to give the sugar a delicate tint; then in gaslight the same number of drops to the same quantity of fondant should produce the same shade. Cheap vivid colours should be avoided. Many of these dry in several strange shades, quite unfit for goods that are to be eaten. As stated above, very few colours are needed, and a good display of choice, attractive, and eatable pastries may be made up and decorated with fondant, neatness of finish being of much greater importance than much colouring.

Expedient to secure Safety with Artificial Light.

Cheap Colours.

When possible it is advisable to flavour fondant with liqueurs or fruit essences, or with orange- and rose-flower waters. From the latter a very delicate flavour is obtained. Orange-flower water is useful also for other kinds of confectionery. Vanilla, lemon and orange zest, coffee, and chocolate are also all popular flavouring agents.

Flavourings for Fondant.

Where several kinds of coloured fondant are used every day it is better, for several reasons, to keep a separate pan for each colour. When finished with, if sugar is left in the pan, the sides should be scraped down and the pan stored in a damp or cool cellar until required again. When the fondant is allowed to dry on the sides of the pan it soon becomes very hard; and during re-warming these pieces are worked into the soft sugar, making the goods all lumpy on the surface. The few moments spent in attending to this matter will save much sugar, which would otherwise be wasted, especially if the fondant is required for piping.

Separate Pans for each Coloured Fondant.

To prevent Waste.

The following are a variety of colours and flavours which may easily be produced with fondant, and give an attractive display to shop goods. *White*, flavoured with maraschino or vanilla or rose water. *Pink*, coloured with carmine, flavoured with essence of strawberry, rose water, or noyau. *Lemon yellow*, coloured with yellow paste ("Breton"), flavoured with lemon zest dissolved in warm syrup, or with essence of pineapple. *Pale orange*, coloured with carmine and yellow colour, flavoured with zest of orange or curaçoa. *Pale green*, coloured with green paste ("Breton"), or apple-green mixed with yellow, flavoured with orange-flower water and kirschwasser mixed together, or with noyau and essence of almonds. *Coffee*, flavoured with strong infusion of coffee essence, and coloured with caramel colour ("Black Jack"; see p. 321), which will be improved by adding essence of vanilla to the coffee. By mixing with the fondant in certain proportions a mixture of red and blue colours, three different shades of colour may be obtained, namely, *mauve*, *heliotrope*, and *violet*. These may be flavoured with essence of violet or heliotrope, and used for exhibition purposes, but the confectioner for everyday shop trade has quite enough of the more popular colours without using these. *Chocolate colour* of any desired shade may be obtained by mixing red and green.

Suitable Colours and Flavours.

Blending Colours.

Chocolate fondant is in greater demand than most others, and is more difficult to make. It is necessary to warm the fondant carefully before mixing the cocoa with it, but the latter, owing to the large quantity of fat contained in it, must be slowly melted at a low temperature. Keep a small pan specially for the cocoa. To prepare it for fondant, cut off from a piece of unsweetened block cocoa the quantity required; place in the pan, and stand this in a warm drying cupboard to dissolve. While warming the fondant add enough cocoa to flavour, also to give the icing a dark-reddish colour (not black). Add a few drops of carmine and a little vanilla essence. When the pastries are iced over, stand these on the draining wire for a few moments in the drying oven to set the sugar. Chocolate fondant to keep in stock may be made by preparing a batch of fondant with 18 lb. of sugar, adding sufficient caramel colouring while this is boiling on the stove to give the sugar a brown colour. Two vanilla pods, if boiled with this, will improve the flavour. The beans should be removed as soon as the syrup is ready for pouring on the slab. Allow the sugar to lie the usual time, begin to cream this, and while so doing work in 4½ lb. of melted unsweetened cocoa. When cold, store in the coolest part of the bakery, and keep covered with a damp cloth.

Mixing Cocoa with Fondant.

Melting Cocoa at a Low Temperature.

Stock Chocolate Fondant.

In many shops no more than three colours are used for fondant work, and the confectioner has to content himself with covering his fancies with white, pink, and chocolate. If a separate pan is not kept for each kind of fondant, the rule is to finish all the goods needing white fondant first, then the pink, and last of all the chocolate. In this way the fondant used for the chocolate, or part of it, is re-warmed several times, and as a result it very quickly loses gloss owing to the sugar graining. To avoid this it is necessary, in the first instance, to warm only enough for the first colours, and to use fresh fondant for the chocolate.

Three Favourite Colours.

Why Chocolate Fondant is frequently Dull.

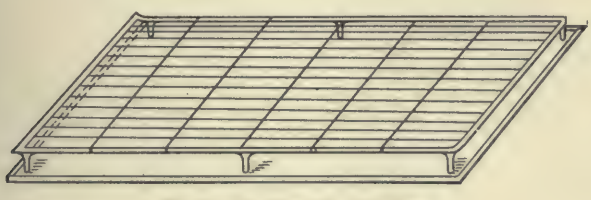


Fig. 33.—Draining Wire and Tray

To save waste, and have a better finish on the iced pastries, it is better and more economical to use draining wires and trays for this purpose (fig. 33). The wires are made in all sizes, with feet standing 1½ in. high. These stand upon tin trays, which are turned up at the sides. As soon as the goods are covered with fondant they should be placed upon the wire tray. If this is done there is less

Draining Wires and Trays.

danger of cake crumbs mixing with the fondant dripping. The dripping may be gathered up and returned to the pan. If several colours are mixed together, this may be used for making chocolate fondant, or made into a syrup and used for other purposes.

Use for Fondant Drippings.

CHAPTER LIX

WATER ICING AND FRUIT SYRUPS

Water icing is made by mixing together 1 pt. of syrup and enough icing sugar, about 6 lb., to make a covering of the same consistency as fondant. Warm over a stove as for fondant, beat well together, and before using stir in two large tablespoonfuls of liquid glucose and the juice of one lemon or a few drops of citric acid. This icing is very good, but is not so satisfactory as fondant. It is more expensive to prepare, and is not so mellow in the eating. When working with this icing, warm enough to be used at one turn; for if re-warmed several times the sugar will dry very hard, and syrup will then be needed to thin it down. Water icing may be coloured in the same way as fondant by adding a few drops of Breton colouring paste thinned with stock syrup.

To prepare Water Icing.

Cheap water icing, such as generally used for covering low-priced articles like slab cakes, is made by mixing together in the cake machine warm water, cheap pulverized sugar, with a little glucose, and citric or tartaric acid. This is thoroughly mixed before being used.

Cheap Water Icing.

The syrup referred to for adding to fondant, and for preparing the best water icing, is made by boiling together for a few minutes 3 lb. of lump sugar and 1 qt. of water. Weigh the sugar into a copper bowl, add the water, place over the stove, and quickly break the sugar with a wooden spoon. Wash down the sides of the pan, bring to the boil, and remove what scum rises to the top. Pour in ½ pt. of cold water, and a few drops of citric acid; this will check the syrup from boiling for a few moments and throw up any dirt that may still be in the sugar. Remove this extra scum, and when the syrup has boiled for a few moments take it from the stove. When quite cold, pass it through a tammy cloth or hair sieve into a clean vessel. This is known as *stock or simple syrup*, and is used in several substances, including water ices, lemonade and orangeade, and fruit syrups generally. This syrup is of sufficient density for the purpose required; if made thick by using less water, it will quickly crystallize in the vessel in which it is stored. This should be made in large quantity, and for convenience in use it should be kept in a large zinc tank to which a tap is fixed.

To prepare Simple Syrup.

When Syrup is too Thick.

Elder-flower syrup is very useful to the confectioner who has to make various kinds of fancy confectionery, and is also required in the pre-

paration of ices and entremets. The flower essence may be obtained from the chemist, but by purchasing the flowers in the month of June the confectioner can make his stock of syrup last the year round. As with many other things that were formerly made by the confectioner, the preparation of this syrup is now usually left to others. Since, however, it is so useful for confectionery purposes, and is not difficult to prepare, instructions are here given for its manufacture. Purchase the quantity of flowers required quite fresh, and remove from these any dust that may be on them, washing with cold water through a sieve. The next process is to place the flowers in boiling water and allow the whole to boil for a few moments. Remove from the stove, and when cold strain the liquor through a tammy cloth. Allow this to remain until the next day, when the clear liquor should be measured off into a preserving-pan. Some sediment will be found at the bottom of the pan, which should not be used. To every quart of liquor add 3½ lb. of lump sugar, and bring all to the boil as for ordinary syrup. This will then be ready for use, or it may be stored in glass bottles in the following manner. Take some clean dry bottles, and fill them with the syrup to within 2 in. of the top. Stand in a large shallow pan of cold water covering three-parts of the bottle. Bring the water to the boil, remove the bottles from the stove, and cork them. Fasten the corks in with string, and seal the tops with sealing-wax, and when cold store away in a cool cellar. The corks should be soaked for some time in cold water before using, and driven tight in the bottles. The sealing-wax is only necessary where old corks are used.

Elder-flower Syrup.

Bottling the Syrup to Keep.

Corking and Sealing.

Orange syrup is made by adding the zest of eight oranges to 1 qt. of hot stock syrup. Allow this to remain for five minutes; then strain the syrup through a tammy cloth, and add the clear juice of the fruit, a little citric acid, and a few drops of carmine.

Orange Syrup.

Lemon syrup is made in exactly the same way; only use the zest and juice of ten lemons, and a little citric acid and yellow colouring.

Lemon Syrup.

Formerly in some confectionery establishments the confectioner had to

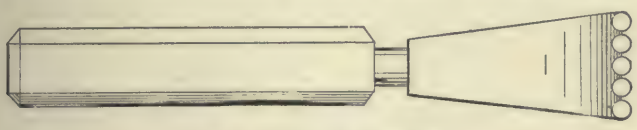


Fig. 34.—Lemon Zest-scraper

use a broken piece of lump sugar to remove the zest from the fruit. The fruit was rubbed on the sugar until this had absorbed the oil which is contained in the tiny cells found on the surface of the skin. The soaked sugar was then scraped off, containing the full flavour of the fruit, as well as its rich colour. As this sugar is not to be had now for the purpose mentioned, the next best method of removing the zest is by using a small French *zest-scraper*, as shown in fig. 34. This

Zest-scraper.

removes the zest in fine shreds, and is the best utensil for the purpose.

Lemon-squeezer. For removing the juice from the fruit a *lemon-squeezer* (fig. 35) is required. The writer has used both the tools here referred to for several years, and has found them to give more satisfaction than many more elaborate and expensive utensils. The squeezer is made of box-wood, and is pressed into the cut fruit, held in the left hand, by working and twisting round, until the juice and pulp are entirely removed.

Fig. 35.—Lemon-squeezer

To Clarify Dirty Sugar. It is not essential to use clean sugars for syrups. Sometimes sugar by being kept in stock for a length of time becomes lumpy, and not over-clean; this should not be so, but it too often happens in bakeries. Such sugar may be used for the syrup after clarifying it with white of egg. Warm the sugar and water over the fire until the former is dissolved; then to every 3 lb. of sugar add 1 pt. of water mixed with the white and the shells of two eggs. Bring all to the boil, and let it simmer gently for one hour, remove from the stove, and when cold pass the syrup through a tammy cloth. The extra water is necessary when clarifying the syrup; otherwise this would be too thick and would not clear.

CHAPTER LX

SHORT PASTE AND SHORT PASTE TARTS

When carefully made, short paste should not be in the least leathery or tough. For the best class of work good butter is the proper shortening agent to use, but as it is not always possible to obtain a price for the goods that will allow a fair profit when butter is employed, a good mixture or margarine may take its place. In cold weather the general practice is to rub the butter or margarine well into the flour, taking care, however, not to mash it into greasy cakes or lumps. In warm weather, especially if the fat used is at all soft, it is better to place the fat in the bay, with such other ingredients as eggs and sugar if these are used, and to mix these well before adding the flour. The moistening agent to use depends on the kind of paste wanted. For some purposes all water is sufficient, for others a few eggs are needed, whilst for high-class goods eggs alone are used to make dough. In making dough it is not necessary to rub it so hard and so much as to produce greasiness. The ingredients should first be mixed lightly, then made smooth and clear by pinching. It is quite a common fault to find short paste very greasy.

Warm and Cold Weather Methods.

In many cases this is due entirely to the paste being doughed with much too small a quantity of water. Owing to the large amount of fat used, it is quite possible to make a kind of dough with scarcely any water at all, but this will hardly stick together when the attempt is made to pin it out; yet the dough, especially in warm weather, may not appear to be unduly stiff. When dough is in this condition it is extremely hard to mix more water with it to make it workable. It is better therefore on all occasions to measure the necessary amount of water, and to use that in warm weather as well as in cold, for it is unsafe in the former to depend on the feel of the dough while it is being made, as to the stiffness it ought to be.

Why Paste is Often Greasy.

Short paste is now very much used for purposes for which puff paste was formerly thought necessary. This substitution is extremely common in those goods of the tart class which consist of a paste bottom with a filling of some other sort. Short paste is better to lie a considerable time before use; it is in fact generally convenient to make it at night to be worked up in the morning.

Short Paste should Rest.

Five recipes are here given for short paste, which will all be found reliable, and suitable for first- and second-class trade. *No. 1 paste* consists of:

Rich Short Paste, No. 1.

4 lb. medium strong flour.
2 lb. butter.
10 egg yolks.
About 4 gills water.

Rub the butter into the sifted flour; make a bay; add the yolks and the water. Then mix all together. Store the paste in a cool place for an hour or two. This paste is very suitable for rich pies.

No. 2 is a sweet paste made as follows:—

Sweet Paste, No. 2.

2 lb. flour.
1¼ lb. butter.
3 oz. castor sugar.
2 eggs.
2 gills water.

No. 3 is slightly cheaper and consists of—

Cheap Paste, No. 3.

2 lb. flour.
½ lb. lard.
½ lb. butter.
½ lb. castor sugar.
2 eggs.
2 gills water.

No. 4 may be best described as *common short paste*, and is made with—

Common Paste, No. 4.

3 lb. flour.
½ lb. lard.
½ lb. castor sugar.
1 oz. powder (No. 1).
3½ gills water.

A short paste called *German paste* may for reference purposes be called *No. 5*, and consists of—

German Dough or Paste, No. 5.

- 2½ lb. flour.
- 1½ lb. butter.
- 6 oz. ground almonds.
- ½ lb. sugar.
- 4 yolks.
- 4 eggs.
- About 1½ gill water.

Open Jam Tarts

Among the uses to which short paste is specially adapted is the making of *open jam tarts* (see Plate, Saleable Shop Pastries). These may be made in oval or round patty pans, the former being much the neater. For a good-class trade the pans should be rather small, as the large tarts appear common and coarse. The jam should be rather bright-coloured, and with some sorts it is necessary to thin slightly with a little water before filling the tarts, or it may burn as they bake. Pin out the paste to ⅛ in. thick, cut out with an oval cutter for oval tarts, or a round one for round sorts, then turn each piece over into a patty pan, and thumb up to obtain a border ¼ in. higher than the pan. Hold the paste with the thumb and finger of the right hand, and notch with the back of a small knife, drawing the knife towards you quite close to the finger holding the paste. While doing this draw the paste towards the centre of the tart. Double notching is done by working the knife backwards and forwards through the paste. Prick the bottom of each tart with the point of the knife, then fill with jam, and bake in a hot oven. Another method of making is to cut out the paste with a crimp cutter (fig. 36), and thumb up before adding the jam. Two thin strings of paste 1 in. long are cut and laid crossways upon the jam. As an embellishment and for purposes of variety very small diamonds or rings of either short or puff paste may be baked separately on a clean tin, and one of these placed in the centre of each tart after the latter is baked. The contrast of the small piece of white paste on the bright-coloured jam looks rather well.

Open Jam Tarts.

Notching Tarts.

Plain and Double Notch.

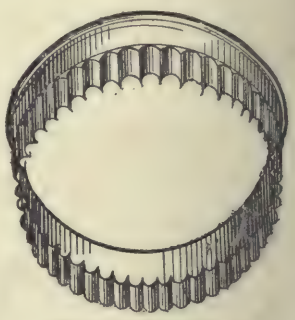


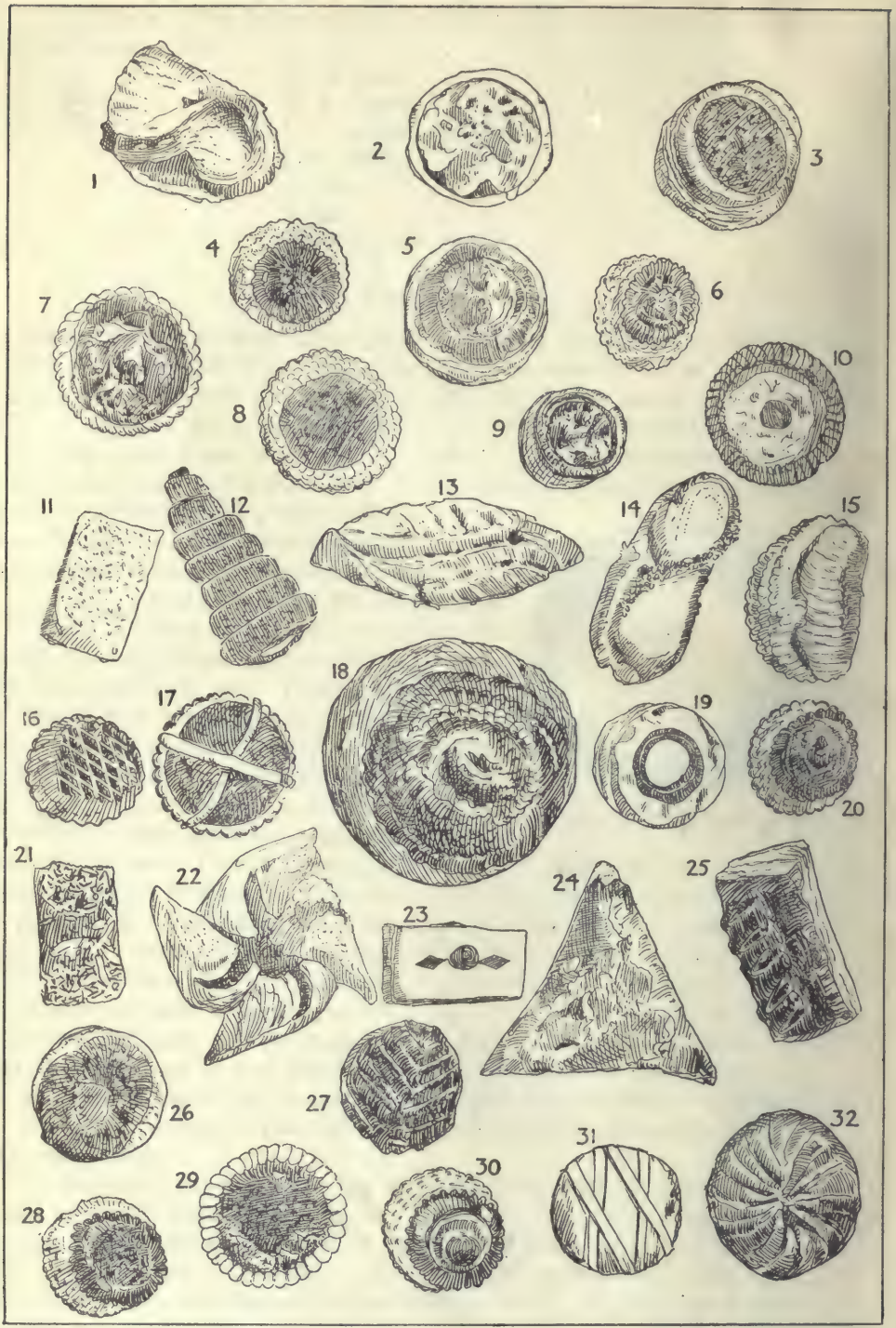
Fig. 36.—Crimp Cutter

Centre Paste on Jam.

It is better to use first-class jam for open tarts, making them smaller on that account. Jam that contains much glucose, or in which ingredients have been used other than pure fruit, is almost certain to blacken in the oven, or in the case of that made with glucose to be very tough and stringy when baked. This difficulty can be to some extent surmounted by diluting the jam with water and working it till all of one

Why Jam Burns.

TYPES OF SALEABLE SHOP PASTRIES



1, 14, French Pastries. 2, 10, Iced Madeira Tarts. 3, 8, Cheese Cakes. 4, 6, Jam Tartlets. 5, 9, Open Custard Tarts. 7, 19, 20, Fancy Cheese Cakes. 11, 23, Cream Slices. 12, Cream Horn. 13, Banbury Cake. 15, Turnover. 16, Piped Tartlet. 17, Congress Tart. 18, Vol au Vent. 21, Mille-feuille. 22, Imperial Star. 24, Coventry Tart. 25, Sausage Roll. 26, Maid of Honour. 27, Stringed Tartlet. 28, 30, Small Patties. 29, Jam Tart. 31, Conversation Tart. 32, Eccles Cake.

TYPES OF SALEABLE SHOP PASTRIES

consistency before filling the tarts. While they are baking this water has to be driven off by the heat before the filling begins to darken or burn. This kind of jam invariably needs the addition of colouring matter when used for open tarts, but there is an advantage in the matter of brightness obtained, even when the best jam is used, by colouring a little. Jam manufacturers do not make any special effort at colouring, as that is not needed so much for domestic purposes, but what is quite suitable for table use is not quite so effective when it has to undergo a second cooking, as in open tarts. In filling the tarts, too much care cannot be taken to place the jam properly in the centre, and to use only the correct quantity. The jam should have a margin of paste all round when baked, and it should not be boiled up to run over the side.

To brighten Jam.

Filling Tarts.

Madeira Tarts

Madeira tarts (see Plate, Saleable Shop Pastries, Nos. 2, 10) have a short paste bottom, and for filling have the following mixture:—

Madeira Tarts: First Method.

½ lb. butter.
10 oz. sugar.
5 eggs.
½ lb. flour.
Zest of 2 oranges.
A little cooking sherry.

Line some round patty pans, 2 in. in diameter and 1¼ in. deep, with thin pieces of short paste (No. 1) cut out with a crimp cutter. Prepare the filling by creaming the butter and sugar well together; beat in the eggs two at a time, and stir in the other ingredients. Fill a paper cornet or bag with greengage jam, and with this place a little in the centre of each tart; and on top of the jam, with a forcing-bag and a ½-in. plain tube, three-quarters fill each tart with the above mixture. Bake in a steady oven about 420° F.: when cold, mask the tops with white fondant flavoured with sherry. Finish by placing a small round piece of angelica on the centre of each.

Another variety of Madeira tarts has the following ingredients for filling:—

Madeira Tarts: Second Method.

½ lb. butter.
½ lb. castor sugar.
6 oz. flour.
2 oz. ground almonds.
5 eggs.
¼ lb. finely chopped citron peel.

Prepare short-paste bottoms as before, and fill with the above mixture. When baked, dust lightly over with icing and vanilla sugars mixed together. Vanilla sugar is prepared by pounding together vanilla beans in a mortar along with castor sugar, or grinding them together in a mill, and then drying. The strength of the sugar will, of course, depend upon the quantity of vanilla beans in the mixture.

Vanilla Sugar.

A cheaper sort of Madeira tart may have the following mixture for filling:—

Cheap Madeira Tarts.

6 oz. butter substitute.
10 oz. castor sugar.
1¼ lb. flour.
1½ oz. powder.
2½ gills milk.
3 eggs.
Egg colour and essence of lemon.

Use large patty pans for these tarts, about 3 in. in diameter and 1¼ in. deep. Place a spot of apricot jam in the centre of each paste case, and then three-parts fill each with the mixture given above. These are sent to the shop quite plain after baking.

Victoria Tarts

A variety called a *Victoria tart* is made from the following:—

Victoria Tarts.

½ lb. cake crumbs.
¼ lb. bread crumbs.
¼ lb. ground almonds.
5 yolks.
About a gill of milk.
¼ lb. finely chopped lemon peel.

Mix the dry ingredients together, with the yolks and sufficient milk to make all into a paste of such consistency as will readily pass through a forcing-bag. Line some small patty pans with No. 3 short paste, and cut out with a plain cutter. Three-parts fill each with the above mixture, which is known as *frangipane*, and sprinkle a little shredded cocoanut on the top. Bake at a moderate temperature (about 400° F.). When cold, dust over with powdered cocoa and vanilla sugar mixed. Another method of finishing may be followed. Instead of sprinkling cocoanut on the tarts before baking, have them quite plain; then when baked turn upside down and brush over with hot apricot jelly, and then roll each in turn on some roasted desiccated cocoanut.

Frangipane.

Cocoanut Tarts

Cocoanut tarts are made as follows. Line some shallow 3½-in. patty pans with cheap short paste (No. 3). Place a little apple jam in the centre of each case, and then a little more than half-fill with No. 3 Madeira tart mixture. When cold, spread over each tart with a palette knife a thin layer of fondant or water icing, and sprinkle some shredded cocoanut on top.

Cocoanut Tarts.

Congress Tarts

Quite a popular cake in many localities is that known as a *Congress tart* (see Plate, Saleable Shop Pastries, No. 17). This is made with the following ingredients:—

2 lb. coarse-grained castor sugar.
1 lb. ground almonds. **Congress Tarts.**
12 egg whites.
3 oz. ground rice.

If this tart must be sold at a penny, it should be made in a small round patty pan 2 in. in diameter and 1 in. deep. Line the pans with No. 1 short paste, or some puff-paste trimmings, cut out with a crimp cutter. Place a small portion of raspberry jam in each case, and then three-parts fill with the almond mixture. Lay two thin strings of paste across the top of each tart, forming a cross, and dust with granulated sugar. Bake in a cool oven. To prepare the filling mix all the dry ingredients together, gradually adding the whites while mixing, and beat these up light with a spoon or spatula. These tarts should have a rich glossy surface when finished, the almond part having a honeycomb appearance, though without large cracks. When large cracks appear, the fault is due to the use of extra fine sugar, or they may be due to the paste being too stiff. They may also occur as the result of a skin forming before baking.

Another and cheaper sort of Congress tart consists of the following:—

1 lb. ground almonds.
2¾ lb. coarse castor sugar. **Cheap Congress Tarts.**
¼ lb. ground rice.
¼ lb. cake crumbs.
About 17 egg whites.
A pinch of bicarbonate of soda.
Essence of almonds.

Line some shallow patty pans as before with cheap short paste, or puff-paste trimmings; add a little jam in the centre, and fill with the above mixture. Short paste bottoms for these tarts do not eat so sodden as puff paste usually does, where the filling is of such a soft nature; this fact must not be lost sight of.

Almond Tarts

Almond tarts are made up from either of the above mixings. Add no strings of paste to the filling before baking. When cold, brush hot apricot jelly over the top of each, and finish by placing a little green desiccated cocoanut on the centre of each tart. **Almond Tarts.**

Duchess Tarts

Duchess tarts are made from the following ingredients:—

½ lb. lard.
½ lb. butter. **Duchess Tarts.**
1¼ lb. sugar.
½ lb. ground almonds.
¾ lb. cake crumbs.
¼ lb. ground rice.
12 eggs.
Vanilla essence.

Line some oval patty pans, as for jam tarts, with sweet short paste, cut out with an oval crimp cutter. With a paper cornet place a little raspberry jam in the centre of each case, then three-parts fill with the above mixture, bake in a cool oven, and when cold dust over with icing sugar. Cream up the batter as for Madeira cake mixture.

CHAPTER LXI

PUFF PASTE

At one time, except for goods made light by yeast, butter made up with flour in the form of puff paste was the only sort of light pastry produced by the confectioner, and puff paste was in consequence the basis of a great many confections which are now forgotten.

The method of making in 1760 was not very much different from the present, as the following recipe taken from a work published at that date shows. "Take 1 lb. of fine flour, beat the white of egg to a strong froth, mix it with as much water as will make ¾ lb. of flour into a pretty stiff paste, roll it out very thin, lay the third part of ½ lb. of butter in thin pieces, dredge it with part of the quarter of your flour left out for that purpose: roll it up tight, then with your paste pin roll it out again; do so until all your ½ lb. of butter and flour is done. It requires a quicker oven than crisp (short) paste."

Old Method of making Puff Paste.

Puff paste is less used now than formerly, but good and bright-looking puff-paste goods still give character to the confectioner's window, and it is worth while to take special pains in its production. As in other goods the character of the flour used is a matter of very great importance. Strong American flour is not by itself suitable for this work, nor for the opposite reason is soft English wheat flour. Some prefer to use Hungarian only for this purpose, but even this in spite of its high price is sometimes too soft, and is better for the admixture of a little stronger flour. The top grades of some of the leading English mills meet the requirements admirably, and if properly handled make better paste than can be produced with Hungarian.

Best Flour for Puff Paste.

The butter should be tough, and if a substitute is used that also should be tough in its nature, and not readily softened or melted by the heat of the bakery (see Chap. XLIII, Vol. I). When butter and margarine are used together, it is better to mix these thoroughly beforehand into a homogeneous mass, and then weigh and use the required quantity as if it were one substance. It is usual, especially in summer, to add a small quantity of cream of tartar or lemon juice to paste. The purpose of this addition is not, as generally stated, to harden the flour, but really to render its gluten more ductile, so that it will stretch rather than break as

Butter for Paste.

Reason for Using Lemon Juice or Cream of Tartar.

the paste is pinned out, or as it springs in the oven. The object of freeing the butter from water before using is to prevent the thin layers of dough from becoming water-sodden, and breaking instead of remaining continuous, and so effectively separating the layers of butter from each other.

Why Butter is Dried.

Rich Puff Paste

For rich puff paste weigh down the following ingredients: Hungarian flour, 2 lb.; firm, tough butter, 2 lbs. Sift the flour and rub into it 4 oz. of the butter. Make a bay; add the juice of half a lemon, 2 eggs, and about 3 gills of water. It is a good rule to have the dough about the same consistency as the butter is after being handled. Mix the dough containing this small quantity of butter thoroughly, quite clear and free from scraps, and slightly toughened. Allow this dough to lie for ten minutes; then pin out to about 15 in. square. Have the paste a little thicker in the centre than at the sides. Wash the butter if it is very salt, and thoroughly squeeze the excess water out of it. Then form it into a square piece slightly smaller than the paste. Lay the butter on the paste, and fold over the ends of the latter to entirely cover up the butter. After lying a little to lose its springiness the paste is given a first turn. The mode is to pin it out to a length of about 30 in. and a width of about 12 in. The end farthest from the operator is then folded over so as to cover two-thirds of the paste. On the top of this the near end is then folded, and the paste firmly and smoothly but gently pinned out to about 1 in. thick. This constitutes one "turn".

Rich Puff Paste.

Treatment of Salt Butter.

Method of Turning Paste.

For the second "turn", which may be given immediately after the first, turn the paste round half-way, and proceed as just described for the first. Cover this over with a damp cloth to prevent a skin from forming on the top, and store for thirty minutes, or longer if convenient, in a cold part of the bakery. When it has been allowed to lie for the necessary time give it another two turns. Repeat this process again after the paste has rested, making six turns in all.

To keep from Skinning.

Number of Turns Necessary.

Three-quarter Paste

Sometimes a puff paste less rich is required; then what is called *three-quarter paste* is made. For this 12 oz. of butter to each pound of flour is used, and this paste requires only four, instead of six turns, as for the best puff paste. Another method of preparing puff paste, generally referred to as the *Scotch method*, is as follows. Chop the butter into cubes of about $\frac{3}{4}$ in. amongst the flour. Then with water make this mixture into dough; a little lemon juice or cream of tartar is helpful with this sort also. The first two turns are done after it has rested for ten minutes, but it is better to squeeze with the rolling-pin in ridges rather than to pin out smooth in

Three-quarter Paste.

Scotch Method of Paste-making.

the usual way. The butter must not be chopped in too small, especially if it is at all soft. When paste is wanted in a hurry this is a very convenient method of preparing it, and if care is taken very good results can be obtained.

Cause of Harsh, Dry Paste.

At times there is a good deal of trouble with paste. It may be harsh and dry and quite flavourless, owing to part of the butter having run out of it during baking. There are several causes for this. It may be due to bad handling when the dough is given the various turns. If the layers of dough between the layers of butter are broken, the paste will be close, and much of the butter will have run out on the baking sheet. The same result may follow if the butter has been frozen hard and is then worked into the paste in a lumpy condition. This defect is very common when inferior margarine is used, or at least margarine containing an excessive quantity of stearin.

Why Butter runs out.

Another defect that generally troubles the beginner is the drawn and unshapely appearance of the paste goods after they are baked. They seem drawn or contracted, and are much smaller than when cut out in the raw state. This generally arises from their being placed in the oven too soon after cutting out. After puff-paste goods are placed on the baking sheets, they should be allowed to lie at least twenty minutes before baking. Bad shapes are also sometimes due to want of care in freeing the paste properly from the slab before starting to cut, as it inclines to cling after being rolled out, but the individual pieces spring into oval shapes as soon as they are cut and free.

What draws Paste.

Nature of Butter and Flour affects Paste.

The number of turns a piece of paste requires depends on the nature of the flour and of the butter. Tough flour and tough butter may require six turns or more, whilst four turns may suffice for flour that is very soft. It is better, if possible, when using fresh lots of flour or butter to bake one or two pieces as tests before cutting out the lot.

Use of Ice for Paste.

During warm weather a stock of ice should be kept for the paste. This is necessary to keep it firm for pinning out; otherwise very indifferent results are likely to be obtained if the paste is soft. It should not, however, be laid on the ice, as the bottom will become too firm to roll out. When the butter is of a very soft nature weigh off the number of pieces required, and keep these in ice water until the dough is to be mixed. It is also an advantage to use iced water for making the dough. It is almost unnecessary to say that in summer the coolest place in the bakery or out of it should be selected for working up paste goods, and a marble or slate slab should, if possible, be obtained.

Keeping Butter in Ice Water.

Making Dough Overnight.

When paste goods are required first thing in the morning, it is an advantage to have the paste made and given four turns on the day before it is required, then given the remaining two turns in the morning and manipulated in the usual way.

Vol-au-vent

Amongst the most difficult pastries to prepare are *Vol-au-vent Cases* (see Plate, Saleable Shop Pastries, No. 18). These are usually made to hold certain kinds of filling, and are served up as entrée, entremet, or savoury. Only the best puff paste should be used for this purpose. Pin out the paste to ¾ in. thick, and, using a flat piece of zinc or tin for a shape, cut out with a small knife previously dipped in hot water. The shape may be round or oval and any size desired. Lay this piece of paste on cartridge paper, and place on a thick baking sheet — one that is not liable to turn up at the corners while in the oven. After the paste is cut out notch the sides with the back of a knife, and lay it in a cool part of the bakery to rest for twenty minutes and lose its spring. Wash over with egg; dip the knife in hot water and mark out the centre, cutting only a little into the surface, and bake in a medium hot oven, say about 400° F. It must be thoroughly baked. When baked remove the piece marked with the knife, and carefully hollow out the centre ready for filling. There is often some difficulty, in preparing these cases, to retain a good shape, and to make them of sufficient height for the purpose required. On some occasions vol-au-vent cases are made large enough to hold filling for ten persons, to be served up as one course. For these cases the paste must not be hurried, or they are likely to come up very poorly.

Vol-au-vent Cases.

Use of Hot Wet Knife.

Cutters are sometimes used for cutting out, but as these are liable to tear the paste on account of its thickness, or compress it unduly at the edges, the better plan is to lay a piece of cardboard or zinc of the required size upon the paste, and to draw the knife through the paste while holding it close to the edge of the pattern. Deep hoops, or paper bands, or tin covers with a small hole cut at the top, are sometimes used to bake the paste in. When these are used they should be removed as soon as the paste is set sufficiently to bear touching. There are disadvantages in the use of these things, although they are useful for protecting the sides when there is a hot and cold side in the oven, and, where the paste is carefully prepared, the baking done on a small baking sheet should give the result desired.

Expedients to keep Cases Straight.

Paste Tartlets

Tartlets are sometimes called *Petit Vol-au-vent* (see Plate, Saleable Shop Pastries, Nos. 4, 6). To prepare these, cut out the paste, about ¼ in. thick, with a crimp-edged cutter, and when it is recovered from pinning out wash over with egg. Mark the centre with a round cutter and bake in a hot oven. When the tartlets are newly baked the marked centres are pressed in with the finger, thus making a receptacle for the jam. Other kinds of tartlets are prepared by laying a ring of puff paste on to a thin piece

Paste Tartlets.

Tartlets in Two Pieces.

cut out with the same size of cutter. This method takes longer, and results in a very small saving of paste.

When baked the tartlets are filled with any suitable jam, and a very small piece of shaped paste cooked separately is placed in the centre on the top of the jam. Plain patty pans raised in the centre were in use some years ago for baking the paste in. The tartlets were turned upside down when baked, and were filled with bright-coloured jam and had rather a nice appearance.

Special Tins for Tartlets.

Petites Bouchées

Petites Bouchées are prepared as for tartlets. They are cut out with a small crimp cutter. After baking, the centre of each case is hollowed out, and the cavity is filled with various kinds of patty meat, prepared from oysters, shrimps, &c. Small tops are made for these by baking small pieces of thin paste cut out with a crimp cutter 1 in. in diameter.

Petites Bouchées.

Patty Filling.

CHAPTER LXII

PLAIN AND FANCY SHOP PASTRIES

French Pastries

The confections called *French Pastries* (see Plate, Saleable Shop Pastries, Nos. 1, 14) were quite common in this country about a hundred years ago. Several names have at various times been given to these. They consist of two layers of paste sandwiched together with preserve. Pin out the paste to $\frac{1}{6}$ in. thick and about 12 in. square. Fold over in three layers as when giving the paste one turn, and lightly roll out till it is $\frac{1}{2}$ in. thick. Cut in long strips $\frac{1}{2}$ in. thick and about 3 in. long, and place upon the baking sheet $1\frac{1}{2}$ in. apart, the cut side being next the tin. Partly bake in a hot oven, then dust with castor sugar, finish baking, and when cool sandwich together with jam. The top piece may be twisted in the centre, as soon as the paste is cut out. This twisted piece as top improves the appearance of the finished article.

French Pastries.

Cushions

The pastries known by this name are made by cutting small pieces of paste $3\frac{1}{2}$ in. square, and folding the corners into the centre. The paste is closed down with egg wash. When baked each corner is filled with jam.

Puff-paste Cushions.

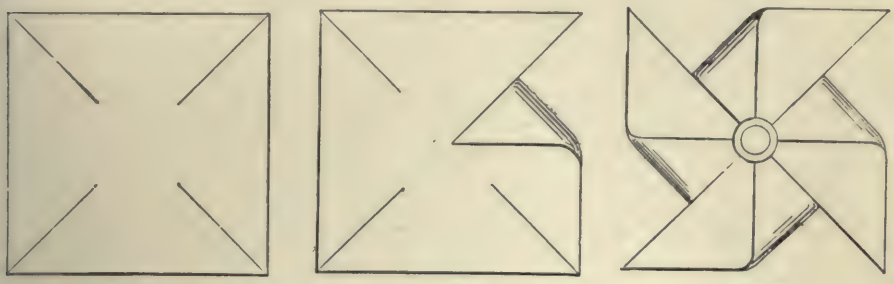
Imperial Stars

These require a little more time in preparation than the usual sort of paste article, but repay the trouble by their superior appearance (see Plate,

SALEABLE SHOP PASTRIES, No. 22). Prepare squares of paste as cut out for cushion pastries; then with a knife previously dipped in hot water make four incisions in each piece by cutting the paste at the corner to within ½ in. of the centre (fig. 37, stage 1). Brush over with a damp brush, and fold each other corner over to the centre (fig. 37, stages 2 and 3); lay this shaped piece on a ring of short paste and bake in a hot oven. Fill in the centre

Imperial Stars.

Filling for Cushions.



Stage 1 Stage 2 Stage 3

Fig. 37.—Stages in Moulding an Imperial Star

with boiled custard or lemon curd, and decorate each corner with a little bright jam.

TURNOVERS

These pastries are semicircular in shape when finished (see Plate, SALEABLE SHOP PASTRIES, No. 15). They are cut out round with a crimp cutter, apple jam is placed in the centre, and the paste is folded over. Where the top layer of paste is brought only within ¼ in. of the edge of the bottom, the turnover has a better appearance. Wash over with white of egg, dust with castor sugar, and splash with water before baking. They should spring high and open out on the cut edges of the paste when baked.

Turnovers or Apple Puffs.

DIAMOND CREAMS

Pin out the paste to ⅛ in. thick, cut out with diamond-shaped cutter, wash with white of egg, dust with sugar, and bake in a hot oven. When cold split each in two pieces, and sandwich together with whipped cream.

Diamond Creams.

ROYAL BATONS

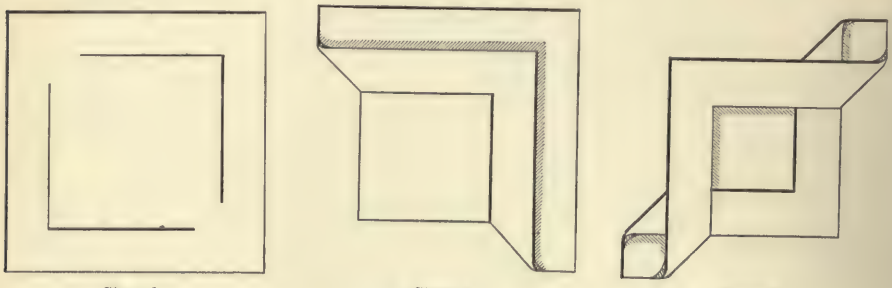
It is strange that so few of these pastries are to be seen. They look attractive and eat nice. The paste is cut in oblong pieces about 3 in. long and 1 in. wide and ⅛ in. thick. Over these is spread glacé royal, and then fine chopped almonds are sprinkled on top. The icing may be spread on the paste in long strips with a palette knife, and the almonds sprinkled on, then the paste fingers cut with a wet knife. Allow to lie twenty minutes before baking.

Royal Batons.

Vanilla Pastries

Vanilla Pastries.

These present a showy appearance. They are made with a $3\frac{1}{2}$-in. square piece of puff paste. When baked they are dusted with icing sugar, and the centre is filled with greengage jam. As fig. 38 shows, the paste is so cut that two opposite corners are brought together, one overlapping the other.



Stage 1 Stage 2 Stage 3

Fig. 38.—Stages in Moulding a Vanilla Tart

Sausage Rolls

Sausage Rolls.

Pork sausage meat, rolled out in lengths of $3\frac{1}{2}$ in., is generally used for these rolls (see Plate, Saleable Shop Pastries, No. 25). Prepare pieces of best puff paste $3\frac{1}{2}$ to 4 in. square, wash over with water, lay on the piece of meat, fold over the paste to cover it entirely, and see that the closing is sealed. Wash over with egg, and after glazing mark the top of each with three or four parallel cuts with a knife before baking.

Small Meat Pies

Meat Pies or Patties.

These pies are made in patty pans lined with short paste No. 1. Fill in with beef or veal chopped fine, well seasoned, with 1 oz. best pepper and 2 oz. salt to every 7 lb. meat used, and mixed with a little flour and water. The top or cover consists of a round piece of best puff paste cut out with a plain cutter. This after sealing is glazed with egg, and a small round or diamond of paste is placed on top to indicate whether the contents consist of veal or beef.

Coventries

Coventries.

In some parts of the kingdom these pastries are known as *three-corner puffs* (see Plate, Saleable Shop Pastries, No. 24). Roll the paste out to $\frac{1}{10}$ in. thick, and cut with a 5-in. plain round cutter. Place a little jam in the centre, and after wetting on the edges carefully fold, taking care that the ends overlap sufficiently to prevent the jam boiling out. Glaze with white of egg, dust with castor sugar, and bake in a hot oven.

Cream Horns

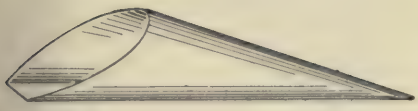
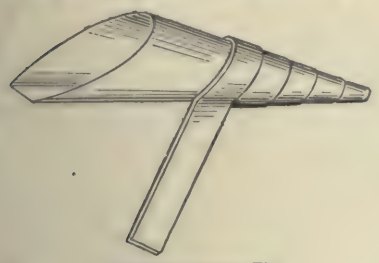


Fig. 39.—Cream Horn or Cornucopia Tin

Roll out some puff-paste trimmings $\frac{1}{10}$ in. thick, and cut up in long strips $\frac{3}{4}$ in. wide and about 12 in. long. Wind each of these pieces of paste round a tin mould shaped like a cornucopia (fig. 39), beginning at the bottom and finishing to top of tin (fig. 40). When a number are done, wash over with water or thin egg wash, and either dip them in castor sugar, or dust some sugar over them; then remove to the baking sheet, allow to lie for twenty minutes, and bake in a hot oven. Caution is necessary while folding the paste around the moulds not to stretch it, as it will draw in during the baking, and is likely to slip away from the moulds. Fill with a little jam in the bottom of each, and above the jam with custard or whipped cream, using a forcing-bag for the purpose (see Plate, Saleable Shop Pastries, No. 12).

Cream Horns or Cornucopias.



Twisting Paste on Tin

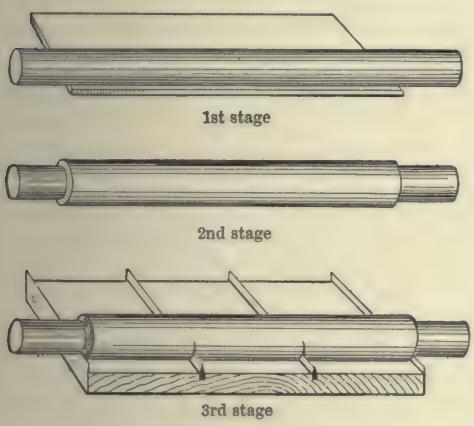
Finished Ready for Oven

Fig. 40.—Shaping a Cream Horn

Cream Rolls

Cream rolls are more expeditiously made than horns, and when neatly finished look quite as well. For these the paste is pinned out about $\frac{1}{8}$ in. thick, then cut into long strips about 12 in. in length and 3 in. wide. These are moistened along the edges with water or egg wash. A number of round sticks about $\frac{3}{4}$ in. diameter and 14 in. long are used on which to turn those pieces of paste. The stick is simply placed on the piece of paste longways (fig. 41, stage 1), and the latter turned round it (stage 2). As the stick is 2 in. longer than the paste, it projects by 1 in. at either end, thus facilitating lifting and handling. The paste on each stick is then cut all round into three equal pieces either with a knife or on a little frame for the purpose, on which four knife-edges are fixed at equal

Cream Rolls.



1st stage

2nd stage

3rd stage

Fig. 41.—The Making of Cream Rolls

distances (fig. 41, stage 3). With such a frame the cutting is done very easily. The stick is retained inside the paste while it is baking. When done, the four separate cylinders of paste are easily removed from the roller. With a forcing-bag they are filled with whipped cream or custard, and then dusted over with icing sugar. The custard is not filled quite to either end; then a little bright jam is piped around the edge.

Method of Cutting.

Cream Slices

Cover a baking sheet with a thin layer of puff-paste trimmings. Allow this to lie for several minutes, and cut up in long strips 3½ in. wide. Prick well with the point of a knife, and bake without drying the paste. When cold, spread with raspberry jam, and make up a sandwich with two pieces of paste and boiled vanilla custard. Mask over with white fondant, sprinkle with pink cocoanut, and cut into slices (see Plate, Saleable Shop Pastries, Nos. 11, 23).

Cream Slices.

Mille-feuille

Take three strips of pastry as prepared for making cream slices. Sandwich together with apple or raspberry jam. Mask the top and sides with hot apricot jelly. Sprinkle filleted almonds and chopped pistachio nuts down the centre, and cover the side and the border with desiccated cocoanut (fig. 42). Have a piece of wood the length of the baking sheet and 3½ in. wide kept ready in the bakehouse to serve as a guide when cutting the strips of paste; it will save time, and ensure their being all one size.

Mille-feuille.

Fig. 42.—Mille-feuille

"Met" Stick for Cutting Slices.

Cream Custards

These custards are prepared in a different way from ordinary custards. Splash a baking sheet with water and lay upon it some thin pieces of No. 1 short paste, cut out with a 2½-in. plain cutter. Wash these over with water, and on each place a ring of the best puff paste. Glaze with egg wash, and bake in a hot oven. With a forcing-bag and a ¼-in. plain tube pipe in each ring enough boiled custard to fill it. The custard should be used warm. Half a cherry should be placed on the centre of each to finish.

Cream Custards.

For the custard, boil a quart of milk in a bowl on the stove. In another bowl place 6 yolks, 6 eggs, 5 oz. of castor sugar, and 2 oz. of corn flour with vanilla flavouring. Beat all together with a whisk, and pour on the boiling milk, stirring all the time to prevent lumps forming. Place all back again on the stove, and continue to stir until the custard comes to the boil.

Custard Filling.

Preventing Curdling in Custard.

Cheese Cakes

For these pastries (see Plate, Saleable Shop Pastries, Nos. 3, 7, 8, 19, 20) line shallow patty pans with best puff paste cut out with a 3-in. crimp cutter. Thumb these up well from the bottom, drop a little raspberry jam with a paper cornet in each case, and then three-quarters fill with cheese curd. Lay upon the curd two narrow strips of paste to form a cross, or one piece in the shape of a knot, and bake in a hot oven. The curd used for these cakes may be made with either of the three fillings given below.

Cheese Cakes.

Beat well together 1 lb. of butter and an equal quantity of castor sugar. When quite light, begin working in eight large eggs, two at a time. Scrape down the sides of the pan, and stir in 1 lb. of flour and the zest of three lemons. Instead of using flour in making this curd, stale sponge-cake crumbs may be used in the proportion of 6 oz. to replace 12 oz. of flour.

Cheese Curd or Filling.

Another curd is made by mixing together $1\frac{1}{2}$ pt. of warm milk and one tablespoonful of essence of rennet. After mixing, stand this in a warm cupboard until the milk begins to curdle; then turn out on a hair sieve to drain. Take 6 oz. of butter, 5 oz. of castor sugar, 2 oz. of currants, and the zest and juice of one lemon. Mix these all together as for the previous mixing, and stir in the curd from the sieve. For cheese cakes with this curd no paste is necessary on the top.

Rennet Curd.

The filling for almond cheese consists of 2 lb. sugar, $\frac{1}{2}$ lb. ground almonds, $\frac{1}{4}$ lb. flour, the whole stirred into a thick paste with eggs; this quantity will take a little over a pint. The cases have a spot of jam on bottom and this filling on top, and are then dusted over with castor sugar thickly. When baked, they are quite flat and glazed on top, and of a pleasant brown colour.

Almond Cheese Cakes.

Scotch cheese cakes have a puff-paste case, but no jam. The cake mixing to fill consists of a Madeira cake mixture, or for cheap sorts 12 oz. butter, 12 oz. sugar, 3 lb. soft flour through which $\frac{1}{2}$ oz. soda and 1 oz. cream of tartar has been sifted, 3 eggs, and milk to make batter as for Madeira cake. The paste cases should be rather thick, and should not be thumbed up at all. A string of paste twisted in the form of a lover's knot is placed on the top of the cake filling.

Scotch Cheese Cakes.

Maids of Honour

These pastries (see Plate, Saleable Shop Pastries, No. 26) are best made with puff-paste trimmings. Roll out the paste to $\frac{1}{8}$ in. thick, cut out with a plain 3-in. cutter, and lay the pieces in shallow patty pans. Thumb up and allow to lie for about half an hour; then three-quarters fill with warm filling, made according to the recipe in the following paragraph. These cakes must not be baked in a very hot oven, or the mixture will run over the sides of the paste.

Richmond Maids of Honour.

Into a mixing-bowl weigh 1 lb. of castor sugar, ½ lb. of ground almonds, 8 eggs, and the zest of 6 lemons. Mix all together with a whisk, and stir in ½ lb. of warm clarified fresh butter. This curd will keep for several days stored in a jar, and should be warmed by standing the jar in hot water each time it is required.

Filling for Maids of Honour.

Lemon Cheese Cakes

Cut out the puff paste and prepare as for cheese cakes, as already described; only, instead of filling with curd, bake in the centre of each a small piece of cork or hard biscuit 1¼ in. in diameter. When baked, remove the centre and fill in with clear lemon curd, made as follows.

Lemon Cheese Cakes.

Into a clean tinned copper stewpan weigh 1½ lb. of fresh butter and 3 lb. of crushed lump sugar. Stand the pan over a very slow fire, and when the sugar and butter are warm stir in 24 yolks, 8 eggs, and the juice from 12 lemons. Another curd may be made with 1 lb. butter, 1 lb. sugar, 8 eggs, and the juice of 4 lemons. Continue to stir the mixture with a spatula until it thickens, then remove from the fire, and store in a dry jar or pan. When cooking the curd over the gas, great care must be taken to prevent it from burning; to guard against this it is advisable, especially when using a thin-bottomed saucepan, to cook it over a *bain-marie*. A bain-marie consists of a small pan within a larger one, the outer one being filled with water. The contents of the inner pan therefore cannot rise above 212° F.

Lemon Curd.

Bain-marie.

These cheese cakes may also be cooked in the ordinary way by adding the filling in the cases before baking. The only precaution necessary is to have the paste evenly in the patty pans, and not to use more filling than will neatly fill the cases when baked. The filling swells up in the oven, and afterwards sinks in the centre, showing a slightly darker fringe round the edge. In some districts it is usual to make these tarts or cakes with short paste or with puff-paste trimmings, as convenient; and as the size has often to be large, a much cheaper filling than the above is used. For this filling use the following mixture: 1 oz. tartaric acid, 1½ lb. butter, 5 lb. sugar, 24 eggs, 1 pt. water, and ½ oz. lemon essence. The water is boiled, and part of it mixed with the butter and sugar, whilst the remainder is used to melt the acid. The whole materials, including the eggs, are then brought to the boil and kept constantly stirred all the time on the stove until they thicken. This quantity produces about 10 lb. of curd, and although cheap, tastes very well when baked. Either this curd or the richer one given above can be made up neatly in glass jars for sale to the public, or in large jars for those bakers who prefer to buy their curd ready made. It is used in the manner described above.

Cheap Curd for Lemon Cheese Cakes.

Pastry Fans

Pastry Fans.

Pin out a piece of the best puff paste to $\frac{1}{8}$ in. thick and 18 in. square. Cover the paste with a layer of castor sugar. Fold over the end furthest from you and bring it to the centre. Fold the other side in the same manner, so that the two opposite ends meet in the centre. Dust with sugar, and continue to fold the paste over until it is only about 4 in. wide. Dust again with sugar, and bring one layer over on to the other. This consists then of many layers of paste alternating with layers of sugar. When finished, the strip of paste will be about 2 in. wide and $1\frac{1}{4}$ in. thick. Cut this in pieces $\frac{3}{4}$ in. wide, and lay these $2\frac{1}{2}$ in. apart on baking sheets and bake in a hot oven. When partly baked, dust with castor sugar, and return them again to the oven. These pastries may be sandwiched together with cream or preserve of any suitable kind.

Frangipane Slices

Frangipane Slices.

Prepare these pastries by pinning out a long strip of sweet short paste the full length of the baking sheet, $3\frac{1}{2}$ in. wide, and $\frac{1}{8}$ in. thick. Lay this upon the tin, and spread down the centre of the paste a layer of frangipane, which is the name given to the filling used for Victoria tarts (p. 340). Prepare some strings of puff paste, and lay these over the almond paste crossways. Wet the borders with egg wash, and along each side of the strip place a long band of puff paste, $\frac{1}{6}$ in. thick, and $\frac{3}{4}$ in. wide. Notch the sides with the back of a knife, and glaze over with egg. Bake in a hot oven; on taking from the oven, brush the centre over with apricot jelly; sprinkle cocoanut, coloured green, over this, and then cut in slices 1 in. wide.

Banbury Cakes

Banbury Cakes.

Banbury Meat or Filling.

To make these pastries as sold in Banbury (see Plate, Saleable Shop Pastries, No. 13), a very rich filling is required, and they should not be sold at less than twopence each. As the town mentioned is noted for the quality of these articles, the price is easily obtained. In most places no more than one penny is charged, and the cakes are generally made with puff paste, and a filling which consists principally of stale cake crumbs, a few currants, and spice. To prepare this filling, mix some cake crumbs which have been passed through the sieve in a bowl with an equal quantity of currants, some finely chopped mixed peel, a little moist sugar, and enough mixed spice to flavour. Moisten these ingredients with enough apple jam or apple pulp to make a paste about the same consistency as mince meat. Pin out some puff-paste trimmings to $\frac{1}{8}$ in. thick, and cut out the number of pieces required with an oval cutter $4\frac{1}{2}$ by $2\frac{1}{2}$ in. Lay a small piece of this prepared filling along the centre of each piece of paste, and splash the paste with water. Draw over the sides to cover the filling. Close up the paste so as to have each cake pointed at the end; slightly flatten with the hand, and turn over on the board

Wash with white of egg, dust with castor sugar, and mark the top of each with the point of a knife. Bake in a hot oven.

Eccles Cakes.

Eccles cakes (see Plate, SALEABLE SHOP PASTRIES, No. 32) are made in nearly the same manner and with the same ingredients as Banburys, only the usual shape is round. Mark a leaf design on the top of each cake with the knife, to give them a showy appearance.

NELSON SQUARES

This is a much-despised confection, the position of which is near the nadir of the craftsman's ambition, yet it has its uses and its excellences.

Nelson Squares.

Pin a piece of short paste No. 1 out very thin, and roll this on the rolling-pin; cover the bottom and sides of a baking sheet with this sheet of paste; splash it with water. Dock well, and spread over it a thin layer of jam, then of Banbury meat, to about ¼ in. thick. Lay upon this a thin sheet of puff-paste trimmings, wash over with water, and dust with castor sugar. Divide the sheet up into small squares by carefully marking the paste with a knife. Dock each with a small round docker, allow to lie for twenty minutes, and bake at a moderate temperature. When baked dust over with pulverized or icing sugar, and cut up into squares.

This sort of cake is made in bakeries for using up cake cuttings and other scraps that might otherwise be wasted. It is sometimes given the opprobriously sounding name of "shonky", while *mince* and *Eccles cake* are the other names by which it is distinguished. The last is the name by which it is known in Scotland, but there some care is exercised in its preparation. The bottom paste is made exceedingly thin, and then well wetted. One sheet is covered with 2 lb. of well-dried crumbs, mixed with about 3 lb. currants, 1 lb. soft sugar, and 1 oz. mixed dry spice. The bottom paste is well splashed with water; then these ingredients, previously well mixed, are spread on evenly in the dry state to not more than ¼ in. thick. The mixture is well splashed with water, and a sheet of good puff-paste trimmings spread on top. This is rolled on smoothly with the rolling-pin, and all the edges neatly joined to the bottom paste. It is then pierced all over with a skewer or the point of a knife, and neatly marked on top in small diamonds with a scraper, but the paste is not cut through. It is then marked in the sizes or squares in which it is to be cut when baked, and washed over with a strong egg glaze. No sugar is dusted on top, and it is not cut till it is cold. The size of the squares or three-cornered pieces to be sold for a penny must of course depend on the quality and the cost of the materials used for the centre.

Scottish Eccles Cakes.

LARGE MALTESE PASTRIES

Large Maltese Pastries.

Lay thin pieces of short paste, cut out with a 6-inch plain cutter, on a baking sheet. On the centre of each piece place a layer of frangipane cream or filling ½ in. thick. Wet the border of short paste with water, and cover over with a piece of best puff paste, also

cut out with a 6-inch cutter. Notch the sides, wash over the top with a little water, and lay on four narrow strings of short paste. These strings must stretch across the paste, and will make eight spaces of equal size. Cut four more short strings of paste, and place these pieces between the ends of the other strings in alternate spaces near the outer edge of the cake. This will make the Maltese cross. Bake in a steady oven, and when cold dust over with icing sugar. With a paper cornet fill the spaces in the cross with some red apricot jelly. These cakes should be retailed at 6*d.* each. They not only eat nice, but look attractive if carefully finished.

Frangipane Cake

Another kind, known as *frangipane cake*, is prepared in the same way, only no strings of paste are added. Cover the frangipane with the puff paste, notch the sides, and wash over with egg; then with the point of a sharp knife mark on the top some fancy leaf or feather design, which will show clearly after baking. This cake is very popular on the Continent, and is quickly made.

Frangipane Cake or Tart.

Frushie or Open Tart

Stringed open tarts of preserves are also made in a form similar to the last to sell at 6*d.* For this purpose 6-inch pieces of short paste are also used as bottoms. Instead of using frangipane filling, spread on a layer of raspberry jam to within 1 inch of the border. Across the jam lay thin strings of puff-paste trimmings, $\frac{1}{2}$ in. apart, and so arranged as to form small open diamond-shaped spaces. Place on the border a band of best puff paste, 1 in. wide and $\frac{1}{8}$ in. thick. Wash over with egg, allow to lie for 20 minutes, wash again, and bake in a sharp oven.

Large Open Jam Tarts.

CHAPTER LXIII

SPONGE GOODS

One of the oldest kinds of light cakes that is still a universal favourite is the sponge cake. In a reprint of old recipes published by the Leadenhall Press, which date back at least 220 years, the "Spunge Biscuit" is given as a favourite cake. It is interesting to note the similarity and dissimilarity in the method of making sponges then and now. This old recipe is as follows. "Take 18 eggs, all the yolks and nine of the whites, beat the whites to a froth, then beat the yolks with a whisk, then put in y^{or} whites that is beat to a froth, and put in two pounds two ounces of double refined sugar sifted, keep it beating all the while with a whisk, then have redy half a pint of water, and drap it in hott by degrees, beat it as you drap it in, then set it over the stove fire, and be sure to keep it stirring as hott as you can bare y^{or} finger in,

Old Recipe for Sponge Cakes.

then put a pound and a half of flower, take it of the fire, sifting through and stiring it and the ryne of a grated lemon y^{n} y^{or} pann, and put them in y^{or} panns and bake them in a hot oven." The popularity of the sponge cake is due to its lightness and its high nutritive value, which makes it the confection *par excellence* for children, while it is easily handled without soiling the fingers.

Sponge cakes are usually baked in moulds; and the aim of the confectioner is to turn out the cakes from these without sticking, and with a smooth bright surface. Clarified butter and lard, mixed in equal quantities, is suitable for dressing moulds. This mixture should be applied with a soft brush, and smoothed over, and then dusted with dry fine-grained castor sugar. The fat may be melted and used as a clear liquid, but the brush should be worked about in the mould to make the butter creamy; then the sugar is added before the dressing sets firm. The writer has tried several ways of dusting the frames (fig. 43) when greased, sometimes dusting with sugar first, then with flour; at other times dusting with a mixture of equal parts of icing and castor sugar mixed with flour; but the best results have been obtained by dusting with dry fine castor sugar. It is usual in the bakery to keep a pan of clarified fat ready for sponge frames when needed, and this is extremely convenient and more economical than preparing it in small lots when wanted. The scrapings from the lard and butter tubs, if placed in a jar and kept in the drying oven all night, will be found ready for pouring off in the morning, and if all scum is removed this serves for dressing sponge frames.

Dressing Moulds.

Best Mixture for Dressing.

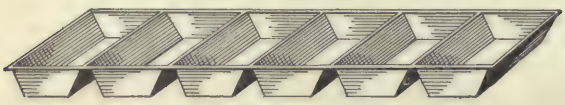


Fig. 43.—Sponge Frames

Fine hard-grained castor sugar produces the best sponge cakes; both the powdery and the coarse forms should be avoided. Suitable sugar mixes readily with the eggs; the fine grains assist in breaking and creaming the yolks. Coarse sugar has a tendency to remain crystalline in the sponge batter, and the baked sponge cakes generally show specks on top in consequence. This is most noticeable in those sponge cakes that are made by beating the yolks and whites separately.

Grade of Sugar for Sponges.

Cause of Spots on Sponges.

Flour of a fairly soft nature is best for these cakes, and on all occasions should be sifted before using, to make light mixing easy without toughening the batter. The soft batter will not stand rough handling when the flour is being stirred in; it is therefore necessary to add this with little working. Generally four dozen penny sponge cakes are made from 1 lb. mixing. These will rise during baking half as high again as the frame, and make a fairly large cake. When beating the eggs and sugar together it is better to warm the ingredients. This may be done by standing the mixing-bowl over a *bain-marie*,

Best Flour for Sponges.

Quantity from 1 lb. Mixing.

or by adding warmed sugar to the eggs. When a sponge machine is used, there is generally a receptacle at the bottom to hold hot water, which heats the mixture in the pan above. Mixtures beaten up warm become light more readily than those beaten cold. The probable explanation is that the heat quickly expands the tiny cells made by the egg albumen during the whisking, so that the whole mixture becomes light and full of air-cells.

Why Sponge Batter is Heated.

The following recipe will produce a good cake, which, baked under proper conditions, will keep moist for several days. Place into the bowl or machine 2 lb. of castor sugar, and 2½ lb. of eggs weighed in their shells. Beat these together until light. When the mixture is ready, it will be noticed that the impressions made by the revolving wires remain for some seconds before closing together again. Remove the whisk, and stir in lightly 2 lb. of sifted flour. The flour should not be dropped into the mixture all at once, but should be shaken in gradually yet quickly, so that the air-cells are not broken by rough handling or too much working; otherwise the batter will be tough and unsatisfactory. Fill in the frames with a spoon, or if convenient the forcing-bag and tube may be used, especially if the mixtures are large. Dust the tops with castor sugar, and bake in a solid oven with the door partly open. A temperature of about 400° F. will suit these cakes. When baked, turn out upon wire trays to cool before placing in a glass case in the shop.

Recipe for Sponge Cakes.

Sign of Readiness in a Mixture.

How to mix Flour in Sponge Batter.

Filling the Frames.

Many confectioners are obliged to make cheap cakes to compete with factory-made articles, and for these the following recipe will make a good sponge. Beat together 2¼ lb. of eggs (weighed in their shells) and 3¾ lb. of sugar. When beaten quite light, add gradually 1 pt. of warm water, finish whisking, and stir in lightly a few drops of oil of lemon and egg colour, together with 3 lb. of medium strong flour, with which has been sifted 1 oz. of No. 2 powder (see p. 317).

Recipe for Cheap Sponges.

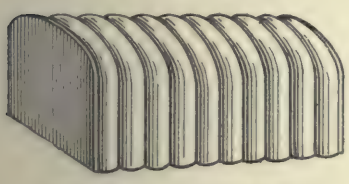


Fig. 44.—Balmoral Sponge Mould

Balmorals or *sponge racks* may be made from either of the above recipes. With the second, large bulky cakes weighing 4 oz. each may be sold at 2*d.*, so as to yield a fair profit. The mould used is shown in fig. 44.

Balmorals and Racks.

Victoria Sandwiches

Victoria sandwiches are light sponges made in shallow crimp or plain pans, and make a good saleable line. The moulds are usually from 5 to 6 in. in diameter, and 1 in. deep. These may be made from either of the mixtures prepared for sponge cakes. When cold they are sliced in halves, and sandwiched together with jam, or with a layer of whipped cream. When necessary the mixture for these sandwiches may

Victoria Sandwiches.

be improved by stirring in with the flour 3 oz. of melted butter to each 1 lb. mixing.

Quite a large assortment may be made by the addition of various flavours. Three of the most popular are *chocolate*, *orange*, and *coffee*. To flavour the mixture chocolate, stir in with the warm butter 2 oz. of unsweetened cocoa, or cocoa powder, to each 1 lb. of the mixture, add a little vanilla flavouring, and bake in a steady oven—about 400° F. When cold, split, and sandwich together with chocolate cream, then mask with fondant, and sprinkle some chopped pistachio over, or decorate with royal icing. To make *orange sandwiches*, flavour with the zest of orange. Spread in the centre a layer of orange cream, cover with orange fondant, and decorate with quarters of preserved or fresh oranges. The variety called *mandarins* are small and easily split, and are therefore very suitable for this purpose. Coffee essence is necessary to flavour the cake for *coffee sandwich*. This must be strong, and is much better home-made for the purpose than bought ready-prepared. Sandwich the cake together with cream flavoured with coffee and brandy; mask over with coffee fondant, and decorate with fine piped butter cream. These sandwiches sell readily whole, but, where afternoon teas are catered for, a good twopenny article may be made by cutting them into small triangular pieces.

Chocolate Sandwiches.

Orange Sandwiches.

Coffee Sandwiches.

Finishing and Flavouring Sandwiches.

Sponge Drops and Biscuits

Sponge drops are made by laying out upon papered baking sheets small bulbs of sponge mixture from a forcing-bag and ½-in. plain tube. They are dusted with fine castor sugar, and baked in a hot oven (about 400° F.). The drops are removed by wetting the back of the paper on which they are baked. They are then sandwiched in pairs, with apricot or other jam or jelly. They are made sometimes to sell by weight, or, made larger, at one halfpenny each, while in some districts they are sold singly as *sponge biscuits*. There are many ways of finishing these articles. Water icing or fondant may be used for this purpose, and they may be decorated with preserved cherries and angelica. They may be masked with hot apricot jelly, and then rolled on coarse desiccated cocoanut, with a little chopped pistachio on the centre of each, or cocoanut coloured green may be used. This makes a contrast with the white cocoanut and improves the appearance of the finished article. Fairly coarse cocoanut should be used for covering the hot jelly. That from which the very fine powder has been sifted looks best, as the clear jelly shows underneath.

Sponge Drops.

Sponge Biscuits.

Finishing Sponge Drops.

Leamington Sponges

Leamington sponges is the name given to small cakes made from a rich sponge mixture, in oblong moulds, rounded at the ends (fig. 45). The

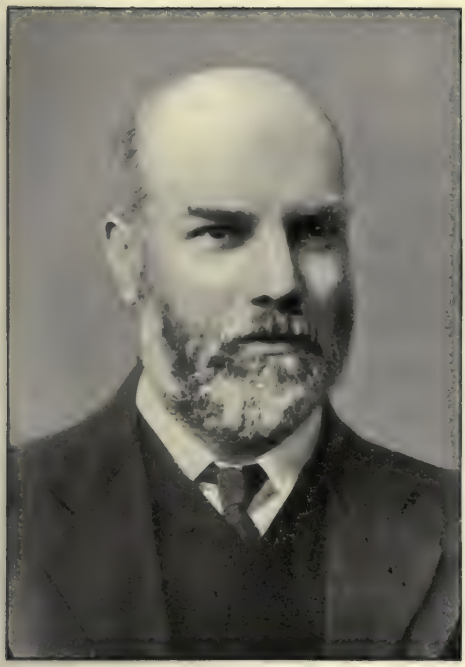
NOTABLE WELSH BAKERS

J. CLEMENT COBB was born at Bath in 1860, the son of a baker and confectioner. He served his apprenticeship to baking in his native town, and had experience in London and elsewhere before settling in his present business in Cardiff in 1889. He was President of the Cardiff Association in 1899 and of the South Wales and West of England Federation of Master Bakers in 1906, and was one of the Committee of the latter which formulated the celebrated Sale Note Clause. He has for several years been a member of Council of the National Association, and was elected a Vice-president in 1907. He has been a Confectionery Judge at the London Exhibition since 1902.

JOHN WALKER, born in 1860, at the age of thirty-four succeeded his father in a prosperous baking, confectionery, and catering business in Penarth. He has long been Hon. Secretary of the Penarth Association and Hon. Treasurer of the South Wales Federation of Master Bakers since its formation. He is one of the Bread Judges at the London Exhibition.

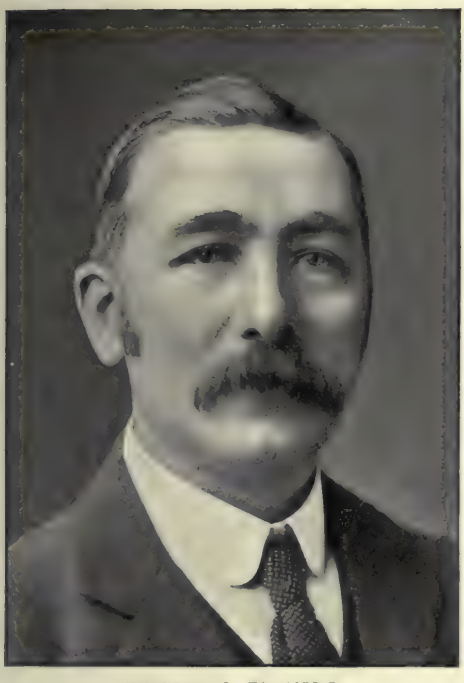
WILLIAM J. TRAVERS, born in Cardiff in 1859, has been in business in Cardiff since 1878. He is a recognized leader of the baking trade in Wales, and is Secretary of the Cardiff Association. He is a strong advocate of the arrangement between bakers and millers, known as the South Wales Sale Note Clause, to stop under-selling. He was elected a Vice-president of the National Association of Master Bakers in 1894, and is a leading member of its Council and Executive. He takes an active part in municipal politics.

JOHN H. DAVIS, born at Barnstaple in 1850, removed to Cardiff at an early age. He took a leading part in organizing the operatives and was the first President in Wales of their Association. He has been on the Committee of the local Master Bakers' Association from as early as 1875. According to local custom this long connection with the Association secures him the title of "Father", by which he is known locally. He has been twice President of the Cardiff Association.



J CLEMENT COBB
(Cardiff)

JOHN WALKER
(Penarth)



WILLIAM J. TRAVERS
(Cardiff)

JOHN H. DAVIS
(Cardiff)

NOTABLE WELSH BAKERS

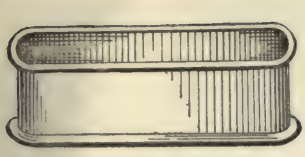


Fig. 45.—Leamington Sponge Mould

moulds are dressed in the same manner as sponge frames, and two small pieces of citron peel are placed along the bottom of each. When the cakes are baked they are turned upside down upon a wire tray, and the pieces of peel lightly brushed with warm syrup.

Leamington Sponges.

Savoy Cakes

Savoy cakes require more care in making than most others made from the sponge cake mixing. They are made in fancy-shaped moulds (fig. 46), sometimes too fancy, from 6 to 12 in. high. Very careful preparation of the mould is necessary. The clarified fat must be evenly distributed in the mould. On top of this it is dusted with castor sugar and then with sifted flour. It is filled about three-

Savoy Cakes.

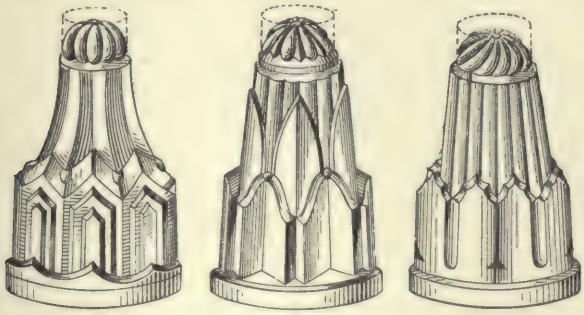


Fig. 46.—Savoy Moulds

quarters full with sponge batter, which should be quite cold; a piece of greased thick paper is fastened around and above the edge of the mould. The cake is baked at a steady temperature (about 360° F.). When baked it should feel spongy and elastic, and should be turned out of the mould on to a wire tray or sieve to cool. When the moulds are too elaborate there is some difficulty in getting the cake to fill all the crevices properly and to appear quite as smooth and nice as the mould. Tin-lined copper moulds are best for this purpose, owing to the superior conductivity of the copper producing a well-baked skin or thin crust on the outside of the cake. Savoy moulds or cakes are now much less common than formerly. For table decoration they were generally iced over with royal icing and piped in fine lines designed to bring out the main lines of the design on the mould. They were used principally for standing on luncheon or buffet tables. When decorated elaborately they were not always cut, but were used on several occasions as table ornaments.

Why Copper Moulds are Best for Savoys.

Savoy cakes are not now in fashion, except at the Christmas season when stale cakes of this sort made in moulds are used for the preparation

of *tipsy cake*. This is another confection that has almost disappeared from the confectioner's list; but there is profit in the article when it is made. Where a fair price can be obtained for the tipsy cake, soak a stale cake with about a gill of sherry and the same quantity of maraschino. Stick all over the cake thin pieces of filleted almonds, and cover partly with whipped cream or boiled custard before serving.

Tipsy Cake.

Almond Sponge Cake

Almond sponge cake is made from a recipe slightly richer than is used for the above cakes. The method of working is different, and it contains half corn flour and half plain flour. Break 2½ lb. of eggs, separating the whites and yolks; put the whites in a whipping-bowl and the yolks into a basin. Add to the yolks 2 lb. of fine castor sugar, and cream well together with a spatula. Whisk the whites quite firm, stir in the yolks and sugar, working all together very lightly, add a little vanilla flavouring, and with a spatula stir in 1¼ lb. of half plain flour and half corn flour. Use round moulds which have a design stamped on the bottom and are about 3 in. deep. Dress these with clarified fat and thin shredded almonds. Three-quarters fill each, and gently tap upon the table to settle the mixture, and bake in a steady oven (about 370° F.). When baked, turn out on a wire tray and dust lightly with icing sugar. This mixture will make a very nice cake. If the oven is too hot, fasten round each mould a band of greased cartridge paper. The above recipe prescribes a larger proportion of sugar than is used for ordinary sponge cakes. This gives the cake a very light texture, which cannot be obtained if more flour is used. A richer cake may be made with 16 large eggs, 1 lb. of castor sugar, and 12 oz. of plain flour.

Almond Sponge Cake.

To protect Light Cakes in a Hot Oven.

Sponge Darioles

Sponge darioles are made in small moulds (fig. 47). These are dressed with clarified fat and flour, three-parts filled with one of the sponge batters, and baked in a hot oven, about 400° F. When ready and quite cold, cut off the rounded part of the top of each cake, so that they may stand upside down. Using a fork to hold the cake, dip it in hot apricot jelly and roll the sides in desiccated cocoanut; then place half a preserved cherry on top. No cocoanut should be placed on top with the fruit, but have the jelly quite clear and the sides neatly covered, and the cakes will present a clean, neat appearance. Sometimes these cakes are sold under the name of *Madeleine cakes*, but more properly these are made in shallow shell-like moulds (fig. 48). In Paris they are almost as popular as the sponge cake

Sponge Darioles.

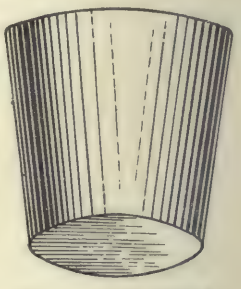


Fig. 47.—Dariole Mould

is here. They are made with a rich sponge batter, into which a little clarified butter has been stirred. The quickest and cleanest method of masking the dariole cakes with the hot jelly is to dip half of the cake into the jelly, and brush this over the remainder of the cake without touching the top. By this means there will be less jam on the cake than if it was dipped in almost entirely, and less cocoanut is needed for covering. These goods look unsightly and clumsy when the covering is thick.

Sponge Madeleines.

Masking Darioles.

Fig. 48.—Madeleine Mould

Sponge Rusks

Sponge rusks are made by drying in the oven small slices of stale sponge cake. The cake for this purpose is made in oblong tins about 3 in. deep and 3½ in. wide. This is generally cut the day after baking in pieces ¼ in. thick, and dried upon wire trays in a cool oven (340° F.). Another kind of rusk is made by cutting into slices round sponge cakes baked in moulds, as used for making small custards. These are dusted with granulated sugar before drying in the oven.

Sponge Rusks.

Sponge Fingers

Sponge fingers seem also to be quite an ancient form of confection, for under the title of *Long Biscuits* in the book of old recipes already referred to, their manufacture is thus described. "Take 30 yolks of eggs, fifteen whites, break 28 of them [evidently to get the 28 yolks] beat y^m well in rose water and put in 3 lb. of sifted loaf sugar, beat it all the while y^e oven is heating, y^n dry 2 pound and a quarter of fine flower, let it be cold before y^e flower is in. Y^e 2 eggs you left out beat on y^e flower, stirring it well, have y^{or} oven pretty quick. You may put in carraways seeds and make it y^e queen seed biscuit. Beat them with a batter ladle or twigg. Whoever begins to beat must continue for fear of oiling. Take it and drop them."

Savoy Finger Biscuits

To make *Savoy finger biscuits* place into the machine or whipping-bowl 1 lb. of castor sugar, 4 yolks, and 1 lb. of eggs weighed in the shell. Beat these together as for ordinary sponge mixture; when quite light and cold, stir in 1 lb. of Hungarian flour. Fold some half sheets of kitchen paper into bands 3½ in. wide, unfold and lay these open on the board. Fill the forcing-bag with part of the mixture, and pipe out the biscuits through a ¼-in. tube in rows upon the paper, keeping each row between the lines made by the folds of the paper, so as to have them all one length. Cover thoroughly with sifted sugar through a hair sieve or with a sugar-dredger; then raise the paper and shake off all

Savoy Fingers.

excess of sugar that does not adhere to the biscuits, and bake in a hot oven, about 450° F. As soon as the biscuits are baked remove the papers from the hot baking sheets, and lay aside to cool. As the biscuits do not take very long to bake, it is better that one man should attend to the oven, while another lays out the biscuits. As soon as two sheets are ready, these should be placed in the oven, as the mixture otherwise has a tendency to run flat if allowed to lie on the tins before baking. From this mixture, if carefully prepared, fairly high finger biscuits will be obtained. The tops should be quite smooth, if sufficient sugar is dusted on to form a casing on the biscuits. They will only take a few minutes to bake, and require careful watching, but if baked properly they will remain moist for several days. To remove the biscuits from the papers lay these, two at a time, upon a wet board until the paper becomes moist through. As soon as the biscuits can be removed, take these off and sandwich them together; enough moisture from the paper will be on the biscuits for this purpose. When the first paper is cleared, remove and place another in its place, and proceed with the second paper. This method appears much better than that followed by some, of topping the papers one upon another, and then with a brush wetting the back of each in turn. By this topping arrangement there is always a risk of breaking the surface of the biscuits, especially when they are a little under-baked.

Baking Fingers.

Taking Savoy Fingers from Papers.

These biscuits are made to retail at 1*s.* 6*d.* per lb. They are sometimes used for making various kinds of cream charlottes, and for this purpose should be laid out as straight as possible, with the ends and centre of the same width. When they are wide at the ends and thin in the centre, and are required for this purpose, much of the biscuit is wasted by trimming. The following recipe will make a light biscuit, which may with profit be sold at ½*d.* a pair. Beat 20 large whites quite light and firm, break the grain of 24 yolks, and whisk these in with the whites. Remove the whisk and stir in with a spatula 1¼ lb. of castor sugar, then 1 lb. of sifted Hungarian flour. Flavour with essence of vanilla, lay out the biscuits of the same size as the above, and when all are ready dust well with sugar, and bake in a fairly hot oven (400° F.). This mixture will not run flat so quickly as the other, after the biscuits are laid out, so that if necessary the whole of the biscuits may be baked at once.

Biscuits for Charlottes.

Plump Savoy Fingers.

Pearl Biscuits

Pearl biscuits are made from the above mixture, laid out on paper the same size as ordinary finger biscuits. The sugar dusted on them is allowed to remain on for a few minutes without being disturbed. By this means a quantity of the sugar soaks into the biscuits, and small pearls are formed on top of the cakes during baking. Where more of these are required, dust the biscuits

Pearl Biscuits.

a second time with the sugar before baking, and when these are taken from the oven a row of small bulbs of sugar will be found along each side of the biscuits. For this mixture it is necessary to use a ½-in. plain tube in the forcing-bag, because the batter is so light that the pressure through a small tube would destroy it.

How Light Mixtures are spoiled by Pressure.

Almond Sponge Fingers

Almond sponge fingers are made from the same mixture, flavoured with vanilla sugar, and laid out thick from a bag with a ¾-in. plain tube. Cover with finely chopped almonds, previously passed through a wire sieve to remove all large pieces, which would otherwise make the biscuits flat. Dust with fine sugar and bake at a temperature of about 390° F. When cold remove from the paper, and dust with icing and vanilla sugar mixed. These biscuits are retailed at 1*d.* each. Thin paper should not be used for these biscuits. Cartridge paper may be used over again several times for the purpose. The biscuits can be quickly removed with a sharp knife.

Almond Sponge Fingers.

Sponge Swiss Rolls

Sponge Swiss rolls are made with sugar, eggs, and flour prepared as for sponge cakes. Where possible, bright-coloured jam should be used, and this must be of such a consistency as is easily spread on the cake; if used very soft, it quickly soaks in and spoils the appearance. On the other hand, cheap jam, which is sometimes tough, will, if great care is not exercised, make the cake heavy. These details must be attended to to ensure success. Prepare 1½ lb. of eggs, ½ lb. of flour, and ½ lb. of castor sugar into a light batter as for sponge cakes. Cover a large baking sheet with greased paper, and with a palette knife spread this mixture over evenly. Bake in a hot oven (about 440° F.). When it springs back on being pressed with the finger, and the indent disappears, it is sufficiently baked. It should be turned over upon a clean cloth dusted with castor sugar, the paper then removed, and a layer of jam spread evenly on the sheet of sponge. Roll the cake over, close enough to make it perfectly round, without using enough pressure to spoil the texture. More care is required at the commencement of turning over the cake, for if this is not carefully done, a large hole will be found in the roll when cut. It may be rolled in a sheet of sugar-dusted paper and allowed to stand until wanted. The cake may be dusted with fine or granulated sugar, with a band of red sugar dropped along the centre to add brightness, before being sent to the shop. For variety it may be covered with a thin coating of apricot jelly, and then rolled on fine desiccated cocoanut. A very nice roll may be made by rolling the cake, when covered with hot jelly, on a layer of roasted stale sponge cake crumbs. A slightly cheaper roll is made with a batter prepared from 2 lb. of eggs, 1 lb. 2 oz. of sugar, and 1 lb. of flour.

Swiss Rolls.

Rolling and Finishing Swiss Roll.

Cocoanut Roll.

Cheap Swiss Roll.

In some districts very cheap sponge roll is required to compete with factory-made cake. The following quantities of ingredients will make three large rolls. Make into a batter, as for cheap sponge cake, 3½ lb. of flour, 3 lb. castor sugar, 2¼ lb. of eggs (weighed in shells), 1¼ oz. No. 2 powder (see p. 317), essence of lemon and egg colour, and about 1½ gills hot water. Owing to the quantity of water in the mixture, it should always be baked in a solid oven at 440° F. When the cake is rolled, dust with sugar in the ordinary way, or brush over with hot jelly and roll it upon some desiccated cocoanut. Instead of using jam in Swiss roll, lemon curd may be substituted.

Factory Swiss Roll.

Lemon Curd Roll.

A new line of Swiss roll, which should be introduced by confectioners to their customers, is one flavoured with cocoa. The mixture is prepared with whipped egg whites, as for pearl biscuits, and made with the following quantities of material: 1½ lb. castor sugar, 1 lb. 2 oz. of flour, 2¼ lb. of eggs, and 2½ oz. of cocoa powder. The cocoa powder may be sifted through the flour. Bake the cake in a thin sheet, and, instead of jam, spread on a layer of whipped vanilla cream. When baked, roll up and cover with a thin layer of hot jelly, and mask with roasted cake crumbs. A very good substitute for the cream may be made by mixing together some butter cream and Italian meringue, for which see p. 385.

Cocoa Swiss Roll.

Vanilla Cream in Swiss Roll.

Substitute for Whipped Cream.

CHAPTER LXIV

GÂTEAU OR GENOESE PASTE

For Genoese pastry the usual practice in most bakeries is to keep slabs of thin cake known as *gâteau paste* in stock. There are several kinds of paste answering to this name, the variety depending on the class of trade that is done. One sort is known as "heavy" and another as "light" paste. The word "heavy" does not imply that the cake is not light; it is used to draw a distinction between the one that is nothing more than a rich Madeira mixing, and one that is a very light sponge cake in which melted butter has been used. The following recipes for the preparation of these pastes will be found suitable for any class of trade, whether for rich choice dainties or for large penny-worths. The recipes are numbered for reference. Hungarian flour is given in the recipes, but any good British-milled patent will serve as well.

Heavy and Light Genoese Paste.

No. 1 recipe for Genoese or gâteau paste is prepared by beating together, as for sponge cake batter, 2 lb. of eggs and 1 lb. of castor sugar. Remove the whisk when the mixture is quite light, and stir in carefully 12 oz. of Hungarian flour and 2 oz. of corn flour, and when these are almost mixed, ½ lb. of fresh melted butter is added. Careful handling is necessary while mixing.

Recipe for Gâteau Paste: No. 1.

in the fat; otherwise the batter will drop and become heavy. This will make seven light cakes, baked in hoops 6 in. in diameter and 2 in. deep. As the mixture is so light, no paper band or fat of any kind should be placed inside the hoops. Bake in a steady oven at 380° F., and when cold cut out from the hoops without spoiling the smooth sides of the cake. This batter may be spread on a flat baking sheet about 1 in. thick, and after baking it may be used for cutting into small fancy shapes; but great care is required to prevent its crumbling, and in consequence for this latter purpose No. 2 recipe is recommended.

Hoops for Gâteaux.

Follow out the instructions as given for No. 1, and mix together 30 yolks, 30 eggs, 2 lb. castor sugar, 1 lb. 3 oz. of corn flour, 1 lb. 3 oz. of Hungarian flour, and 1½ lb. of melted butter. Line a large baking sheet with paper, spread the mixture evenly, and place a small piece of wood at the end to prevent this from flowing out. Bake at a temperature of 380° F. When the cake is cool enough to handle, turn this upside down upon a clean piece of sacking, and store in a cold cupboard away from any draughts until required. A temperature between 75° and 80° F. will be warm enough to keep the batter while beating. It is not advisable to remove the paper from the cake until this is ready for cutting; if left on, it prevents the cake from drying.

Another Genoese Recipe: No. 2.

To keep Sheets of Genoese.

No. 3 paste is made by a different method, and is very useful for cutting. The whipped whites must be perfectly smooth, without sign of curdling, and a fine texture will be the result. Whisk up 32 whites; when these are fairly stiff, beat in 3 oz. of castor sugar, and continue whisking until the whites stand upright upon raising the whisk. Break the grain of 40 yolks; beat these in with the whites; remove the whisk and stir in with a large wooden spoon, first 2 lb. of castor sugar, then 1 lb. 6 oz. of Hungarian flour mixed with 4 oz. of corn flour, and, lastly, 1¼ lb. of clarified butter. This will make a large sheet of cake, and should be spread about 1 in. thick. Bake at a temperature of 380° F.

No. 3 Genoese Recipe.

A more solid cake (No. 4) is made by creaming together 2 lb. of fresh butter and 2 lb. of castor sugar. When these are light and creamy, 2¾ lb. of eggs are gradually beaten in, and the mixture is finished by stirring in 2½ lb. of Hungarian flour. This No. 4 paste should be spread 1 in. thick on a papered baking sheet, and baked in a fairly hot oven (400° F.). This paste is most useful for small or large decorated pastries, and does not require any artificial flavouring if made with good material.

Genoese Recipe No. 4, for Small Fancies.

For some purposes, such as choice *petits fours glacés*, ground almonds may be added, the quantity of flour being reduced by 1 lb., and replaced by an equivalent amount of almonds. Another mixture, and one that produces a nice cake, is made by creaming with the butter and sugar ½ lb. of rich marzipan paste. The other ingredients are then added as for No. 4.

Ground Almonds in Genoese.

Cheap gâteau paste is made from the following recipe. Cream together ¾ lb. of butter, ¾ lb. of butter substitute, and 2½ lb. of castor sugar. Beat in 1½ lb. of eggs, and stir in lightly 5 lb. of fairly strong flour with which has been sifted 3 oz. of No. 2 powder (see p. 317), and 2½ pints milk. Flavour with essence of lemon, add a few drops of egg colouring, and bake upon a papered baking sheet. As it contains less eggs and butter than the richer kind of cake, the tendency to dry is greater. It should therefore be used as fresh as possible, and should be kept covered with a damp cloth to keep it in cutting condition.

Cheap Genoese Sheet.

CHAPTER LXV

FANCY TARTLETS

Victoria Tartlets

Line some shallow patty pans with short paste No. 2, cut out with a crimp cutter. Thumb these up well at the sides, to leave the paste thin in the bottom of the pan. Drop a little raspberry jam in the centre, and with a forcing-bag and ½-in. plain tube three-quarters fill each lined mould with the following mixture. Weigh into a mixing-bowl 1 lb. of butter, free from water and salt, mix in 1 lb. of castor sugar, and cream well together. Beat in eight eggs, two at a time, and stir in 12 oz. of ground almonds, 8 oz. of soft flour, ½ gill of milk, and a little essence of vanilla. Bake in a steady oven about 380° F. When cold remove from the pans, brush over with hot apricot jelly, and mask the top of each tartlet with pink fondant. Drop a little chopped pistachio-nut or green cocoanut on the centre of each, and place round the border some fine roasted desiccated cocoanut. These may, if preferred, be decorated with half a preserved cherry, and three diamond-shaped pieces of angelica. The pans used should be 2½ to 3 in. diameter, and ¾ in. deep. (See fig. 49.)

Victoria Tartlets.

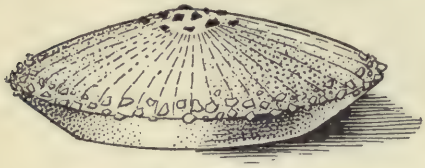


Fig. 49.—Victoria Tartlet

Cocoanut Tartlets

For cocoanut tartlets (see Plate, Dessert Fancies, No. 7) line some patty pans in the same way as for Victorias, and partly fill each with the same kind of filling; then cover this with a layer of coarse shredded cocoanut. Bake in a moderate oven, and, when cold, dust over with part icing and part vanilla sugar from a dredger. For another variety of cocoanut tartlet bake the pastries quite plain; then brush over when cold with hot red apricot jelly; sprinkle

Cocoanut Tartlets.

Another Recipe.

on this some roasted shredded cocoanut, and a little desiccated cocoanut, coloured pale green.

Maltese Tartlets

For these tartlets line some patty pans with short paste as for the above tartlets, force in a little apricot jam, and almost fill each with the same mixture as used for Victorias. Spread this level with a palette knife, and lay in position four narrow strings of thin short paste as directed for making a large puff-paste Maltese cross (p. 355). When baked, fill in two opposite spaces with red apricot jelly, the other two with white fondant, using a paper cornet for the purpose in both cases, and finish by placing on the centre a small silver dragée. This will leave four small spaces quite plain. This small article does not take a long time to prepare, and is very effective when carefully made. **Maltese Pastries.**

Another method of dividing the top of these pastries into divisions for holding the white fondant and jelly, is in the first instance to bake them plain without the strings of paste. When cold, pipe four lines of glacé royal across each, in opposite directions, which will divide the top into eight small spaces. Then proceed to fill these spaces as before. **Another Finishing.**

Kopje Tartlets

To make another variety from the same filling, prepare some plain pastries as for Victoria tartlets. When these are quite cold, and the baked filling has set quite firm, cut out the centre of each with a 1-in. plain cutter. The paste bottom must not be cut through. Remove the piece cut out, fill in the hollow with rich boiled custard, whipped cream, or jam, place the piece previously cut out on top, and dust with icing sugar. This is known as *Kopje tartlet* (fig. 50), and if neatly made is a very saleable article. **Kopje Tartlets.**

Fig. 50.—Kopje Tartlet

Étoile Tartlets

Line some cup-shaped moulds 2 in. in diameter and 1 in. deep with sweet short paste No. 2. The quickest method of preparing these is to lay the moulds close together upon the board. Pin out the paste quite thin, roll this over the rolling-pin, and unfold it on top of the moulds. With a small piece of firm paste held in the hand, press the short paste into the moulds without breaking. Pass the pin backwards and forwards several times over the moulds until the paste is cut through. Separate each, place on a baking sheet, and drop a little apricot jam in the centre. Then fill with a mixture made up from following ingredients: 1 lb. butter, 1 lb. sugar, ¾ lb. ground almonds, ½ lb. cake crumbs, 8 eggs, ½ gill of milk, essence of vanilla, and 2 oz. of cocoa powder. Cream the butter, **Étoile Filling.**

sugar, and eggs together in the usual way, and mix in the other ingredients all together. Bake in a steady oven, and when cold, mask the top of each with hot jelly, and on the top of that spread chocolate fondant. Pipe a star of white butter cream on the top of each, and fix in the centre a small silver dragée.

Lisbon Tartlets

Lisbon tartlets are baked in the same moulds, and filled with two different kinds of filling, one flavoured with chocolate, and the other with coffee. Both are made from the same mixture as used for étoile tartlets. The flavour of each should be pronounced, with the chocolate placed in the bottom of the mould, and the coffee on top. Fill the moulds, place in the centre half a preserved cherry, and bake in a steady oven to a light golden colour. When cold, cover the top of each cake with a thin coating of coffee water icing.

Lisbon Tartlets.

Italian Batons

To make *Italian batons*, line some crimp, boat-shaped moulds with sweet short paste No. 2. These should be $2\frac{1}{2}$ in. long, and $1\frac{1}{4}$ in. wide in the centre. Place in each a little raspberry jam, and partly fill with the same mixture as used for Victoria tartlets. Mix an equal quantity of chopped almonds and castor sugar into a soft mixture with white of eggs, and with a palette knife spread a thin layer of this on to the filling. Dust the top of each with icing sugar, and bake to a light golden colour at a temperature of 360° F. These small tartlets eat very nice, and the filling does not quickly lose its moisture. A batch of these may be made at the commencement of the week's work, and kept in an air-tight tin ready for finishing off as required. A slow oven is necessary for the baking, to keep the articles light in colour, and to prevent the filling from coming over the sides of the patty pans. When using rich cake crumbs, other than those made from stale sponge cakes, for the filling, the quantity of butter should be slightly reduced.

Italian Batons.

Apple Batons

Apple batons are made in plain boat-shaped moulds lined with the same quality of short paste as for the preceding, into which some apple jam or jelly is placed. The tartlets are filled with a mixture consisting of 8 oz. butter, 10 oz. castor sugar, 6 oz. soft flour, 2 oz. cake crumbs, 5 eggs, and a little essence of cloves. Spread in the filling with a palette knife, and place two thin strings of short paste across diagonally. Bake in a steady oven, and when cold, cover the top of each with thin yellow water icing.

Apple Batons.

Another variety, known as *Cherry batons*, is made by adding to the filling 5 oz. of finely chopped orange peel in place of the clove essence. Spread this mixture into the boat-shaped moulds, previously lined with short paste as before. Place on top a few small pieces of

Cherry Batons.

preserved cherries, bake to a light colour, and when cold, mask the top of each with a thin coating of pale pink water icing, flavoured with orange.

Royal Tartlets

Take some plain boat-shaped moulds with sharp edges, 2½ in. long and 1¼ in. wide. Place these side by side on the board, and cover with a thin layer of No. 1 short paste. Press this in, and separate the moulds by passing the rolling-pin backwards and forwards on top. The sharp edges of the moulds will quickly cut through the paste. When they are separated remove the paste trimmings, and lay the moulds close together again; half-fill each with firm apple jam or jelly. Splash lightly with water, and cover in one sheet with a layer of thin puff-paste trimmings. Pass over the rolling-pin, separate the moulds as before, and mask the tops with a thin layer of royal icing made without acid. Spread this so that it does not run over the side of the moulds. Place a small piece of cherry, cut out with a ¼-inch plain tube, in the centre of each, and bake to a light golden colour. These pastries eat very nice, and are attractive. For variety, ice them over with variously coloured royal icing, some covered with white sugar, others with pale pink, and the remainder with chocolate.

Royal Tartlets.

Some Varieties.

Conversation Tartlets

Conversation tartlets (see Plate, Saleable Shop Pastries, No. 31) are prepared in the same manner, made in shallow sharp-edged patty pans, 2 in. in diameter and ½ in. deep. Use boiled vanilla custard, or apple jelly in these, and cover with puff-paste trimmings. Spread on the royal icing, and across each tartlet place four thin strings of short paste as shown in fig. 51. Bake in a slow oven till the icing is just tinted a light brown. To prevent these pastries from drawing in while baking, they should lie out for at least twenty minutes before being placed in the oven. This resting will give the paste a chance to recover from the pinning out. The royal icing when baked should have a rich gloss, and that made with melted cocoa must be carefully mixed, so that no specks of cocoa are shown. If there is any difficulty in mixing, owing to the cocoa setting firm in the cold icing, make all slightly warm in hot water; and add some caramel colouring to cheapen the mixture.

Conversation Tartlets.

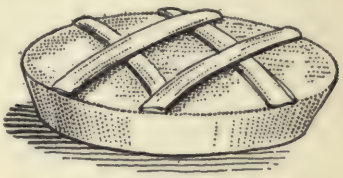


Fig. 51.—Conversation Tartlet

Rose Tartlets

To make *rose tartlets* (fig. 52) line some small cup-shaped moulds 2 in. in diameter and 1 in. deep with short paste No. 1. In the centre of each place a little lemon curd, and fill with a mixture made in the usual way from the following ingredients: 8 oz. butter, 10 oz. castor sugar, 2 oz. fine desiccated cocoanut, 2 oz. soft flour,

Rose Tartlets.

4 oz. ground almonds, and 5 eggs. Flavour with a little rose water, and bake in a steady oven. When quite cold make an incision into the filling, by cutting from the side of the top to the centre with a sharp knife. The cut piece should be thin and just half the size of the top of the tartlet. Stand this upright on the centre, and force out from a paper cornet and star tube a rose of pink butter cream on to the cut centre. Dust with icing and vanilla sugar mixed.

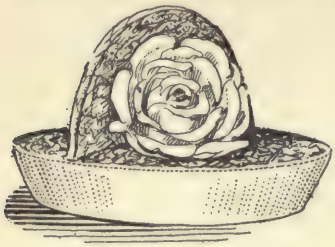


Fig. 52.—Rose Tartlet

Another Recipe.

Another kind of rose tartlet is made by icing the pastries with pink fondant flavoured with rose water. They are finished by piping on the top a rose made by means of a paper cornet from a mixture of pink and white butter cream.

Melbourne Tartlets

Line some round pans, as used for conversation tarts, with short paste (No. 1), and half-fill with custard flavoured with vanilla and chocolate. Splash with water, and cover with a thin layer of puff-paste trimmings. Mask with chocolate royal icing, and pipe two lines of white icing across, forming the letter **X**. Bake in a moderate oven (about 360° F.).

Melbourne Tartlets.

Balmoral Tartlets

Balmoral tartlets are made in small diamond-shaped moulds lined with rich short paste (No. 2), and half-filled with a mixture of chopped cherries and orange peel flavoured with orange-flower water. After filling, cover with puff paste as for Melbourne tartlets; then mask with pink royal icing, sprinkle on top some fine desiccated cocoanut, and bake to a golden colour.

Balmoral Tartlets.

Madeira Tartlets

Madeira tartlets are made in crimp round patty pans, 2 in. in diameter and 1 in. deep. These are lined with short paste (No. 1). Prepare the filling for these by creaming together 1 lb. of butter and 1¼ lb. of castor sugar. Beat in gradually ten large eggs and stir in 1¼ lb. of Hungarian flour. Fill in with the bag and plain tube; bake in a hot oven (about 420° F.), and when cold mask the top with a thin coating of water icing. Finish by adding half a preserved cherry on the centre. A cheaper filling for these may be made with the following quantities: 10 oz. of butter substitute, 1¼ lb. castor sugar, 6 eggs, 5 gills milk, 2½ lb. flour, essence of lemon, egg colouring, and 3 oz. No. 1 powder. These may be baked in shallow pans 3 in. in diameter, lined with a cheap mixing of short paste.

Madeira Tartlets.

Cheap Filling for Tartlets.

Clifton Tartlets

To make *Clifton tartlets* weigh into a mixing-bowl 1 lb. of butter, 1 lb. of butter substitute, and ½ lb. of castor sugar. Cream these well together until the mixture is very light and soft. Stir in without overworking 2 lb. of Hungarian flour with a little orange powder, or the zest of three oranges. With the bag and a ½-in. star tube force a little of the paste into crimp pans 2¼ in. in diameter to three-quarters fill them, and bake in a hot oven (430° F.). The paste should be forced in by holding the bag upright and bringing the paste to a point. Turn out on a wire tray when baked, and when cold dust the tops with icing sugar, and place small pieces of cherry in their centres.

Clifton Tartlets.

CHAPTER LXVI

RICH SHOP AND BUFFET PASTRIES

Tricoloured Fancies

Tricoloured fancies are made with Shrewsbury biscuit paste, together with jelly and two kinds of fondant. This paste is simply a soft dough, consisting of 1¼ lb. flour, 12 oz. butter, 10 oz. castor sugar, and 2 eggs. Pin the paste to ⅛ in. thick, and cut the number of pieces required with a 2½-in. crimp cutter, and lay these upon a baking sheet splashed with water. Allow half to remain quite plain, and with a ¼-in. plain cutter cut three small round pieces out of the centre of each of the others. Bake in a hot oven (400° F.), and when cold sandwich the plain and cut biscuits together with apricot jam. Fill the small holes with red jelly, white fondant, and chocolate fondant; each biscuit will thus show three separate colours.

Tricoloured Fancies.

Jelly Rings

For *jelly rings* pin some Shrewsbury paste to ⅛ in. thick. Cut out with an oval crimp cutter 3 in. long and 1½ in. wide, and place all upon a baking sheet. Cut from half of these a small piece of paste with a plain oval cutter 1½ in. long and ¾ in. wide. Bake in a hot oven. Sandwich the biscuits together with apricot jelly, placing the oval ring on top. Fill in the oval centre with apple or red apricot jelly, and sprinkle some green cocoanut on each. These rings may be made in various shapes, cut with plain or crimp cutters. If clear jelly is used for the filling, they have a showy appearance, and are nice to eat. Bake the biscuits just enough to colour the edge, and to leave the centres almost white; this will show the clear-coloured jelly to better advantage.

Jelly Rings.

Viennese Pastries

Cream together till very light and soft 1 lb. of fresh butter and ¼ lb. of icing sugar. Add 1 oz. of vanilla sugar, and mix in without beating 1 lb. of soft flour. Prepare some small crimp-edged patty pans 2 in. in diameter and 1 in. deep, and with a bag and a ½-in. star tube force part of the paste into each. Press this into the pans to represent a small rosette by holding the bag upright and giving this a sharp turn, when the clear marks in the paste caused by the tube will show distinctly. Place the pans on a baking sheet, and stand in a cool place for about one hour, so that the paste may set quite firm. Bake in a hot oven (400° F.), and when cold remove from the pans, dust with icing sugar, and with a paper bag pipe in the centres some bright-coloured raspberry jam. This paste requires careful preparation. It is very short. The butter must be made quite soft, but not oiled, before the flour is mixed.

Viennese Pastries.

Anglo-Swiss Cakes

Pin out to ⅛ in. thick some Shrewsbury biscuit paste, cut out with a round crimp cutter 2¼ in. in diameter, and lay on a baking sheet lightly splashed with water. With a forcing-bag and a ¼-in. star tube pipe on each biscuit a border of paste as used for Viennese pastries. Allow these to rest in a cool place for an hour, and then bake in a hot oven (about 400° F.). Fill in the centres, when cold, with partly set red apricot jelly, and sprinkle some chopped pistachio nuts over each. Various coloured fondants may be used with fine effect for filling in these cakes, and they are then decorated with preserved cherries and angelica.

Anglo-Swiss Cakes.

Colonial Cakes

Colonial cakes are made by cutting out a thin bottom of Shrewsbury paste with a round plain cutter 3 in. in diameter. Lay the pieces on a splashed baking sheet, wash over with egg, and pipe on each a border of Viennese paste, as given above; also pipe a piece of paste across the centre, and bake in a hot oven (about 400° F.). When cold, fill in one side with raspberry and the other with greengage jam.

Colonial Cakes.

Vanilla Bateaux

Line some boat-shaped moulds 2½ in. long and ½ in. deep with a thin layer of sweet short paste (No. 2). Pipe in each a little raspberry jam, and fill with frangipane paste (see *Victoria Tarts*, p. 340) flavoured with vanilla. Bake to a golden colour in a moderate oven (about 380° F.). When quite cold, cut the top of each at both sides with a sharp knife; then raise these pieces, which should be quite thin, and pipe between these and the bottom part of the cake with a bag and small star tube some whipped

Vanilla Bateaux.

Fig. 53.—Vanilla Bateau

vanilla cream. Place along the centres some finely chopped roasted almonds, as shown in fig. 53. These choice pastries may, when required, be made more showy by piping in white cream on one side and pink on the other, with a small handle of angelica stretching over from each end so as to give the appearance of a basket.

CHAPTER LXVII

MERINGUE PASTRIES

Cold meringue is made by beating eight egg whites quite stiff, and mixing into these with a wooden spoon 1 lb. of fine-grained castor sugar.

Italian meringue is made with boiled sugar and egg whites, and is useful for making various kinds of large and small pastries. It is prepared as follows. Place into a small copper sugar-boiler 1 lb. of lump sugar together with 1 gill of water, and boil up to a temperature of 245° F.; then remove the sugar from the stove. Place eight large whites in a mixing-bowl, and beat up until they become quite firm. Add about 1 oz. of castor sugar, and continue the whisking. Raise the whisk from the whites, and if these stand perfectly upright in the bowl without signs of being greasy, stir in the hot sugar, which should be poured in gradually by an assistant. When carefully made, this meringue is very light. The sugar should on no account be poured into whites which are soft or appear to be greasy, as the resultant meringue would be soft and flabby. Another method of making this hot meringue is by mixing together in the sponge machine 2½ lb. of warm castor sugar and 1 pt. of egg whites. These quantities make a good meringue, but not so light as that made by hand or machine with boiled sugar.

Italian Meringue.

Boiling Sugar for Meringue.

Another Meringue Mixture.

Fanchonette Pastries

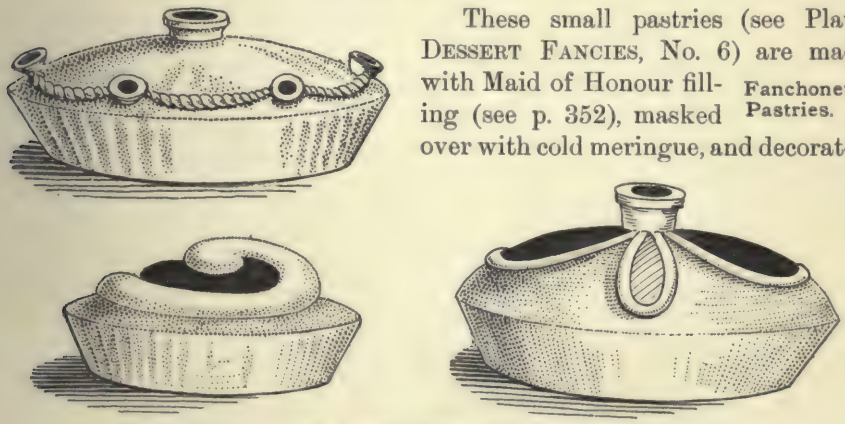


Fig. 54.—Fanchonette Pastries

These small pastries (see Plate, Dessert Fancies, No. 6) are made with Maid of Honour filling (see p. 352), masked over with cold meringue, and decorated

Fanchonette Pastries.

with plain and red apricot jelly. Line some round shallow pans, as used for conversation tartlets, with unsweetened short paste (No. 1), and half-fill with filling made as follows. Mix together in a mixing-bowl with a whisk ½ lb. ground almonds, 1 lb. castor sugar, 2 oz. vanilla sugar or a little essence, and 8 eggs. When this mixture has been beaten well together for a few minutes, mix with it ½ lb. clarified butter. Bake in a steady oven about 380° F., and when cold spread over each a thick layer of meringue. With a paper cornet filled with meringue, pipe on some design which is quickly made, as shown in fig. 54. Dust the top with icing sugar, and bake to a light golden colour. When cold, fill in each design with boiled apricot jelly, part plain and the remainder coloured with carmine. It is necessary to have the meringue as firm as possible for this purpose.

Lemon Soufflé

Another kind of pastry made with the same material is known as *Lemon soufflé.*

Lemon Soufflé.

Prepare some bottoms as for fanchonettes, and with a bag and a ½-in. plain tube force on each a bulb of meringue, as shown in fig. 55; sprinkle on top some thin filleted almonds, dust with icing sugar, and bake in a steady oven for a few minutes to colour the meringue slightly. These pastries may be made at less cost by filling the bottoms with apple jam instead of using frangipane paste, also using shredded cocoanut in place of filleted almonds.

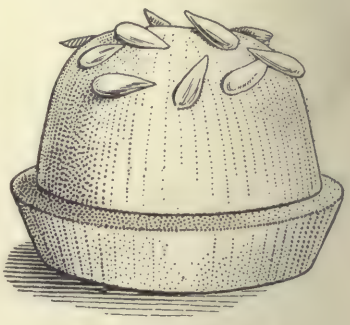


Fig. 55.—Lemon Soufflé

Marses

Bake on a baking sheet splashed with water a narrow band of thin puff-paste trimmings 3 in. wide. This should be docked to prevent blisters.

Marses.

After baking, mask with a thin layer of raspberry jam. When cold, spread on this a layer of meringue, entirely covering the paste, and raised to a height of 1¼ in. With a palette knife level the top and smooth the sides; have the latter nearly perpendicular. With a paper cornet filled with meringue, pipe along each border two lines ⅛ in. apart, as shown in fig. 56. Dust with icing sugar, and divide into sections 1¼ in. wide by cutting through the meringue with a piece of twine or thin straw. When the divisions are being made, care should be taken

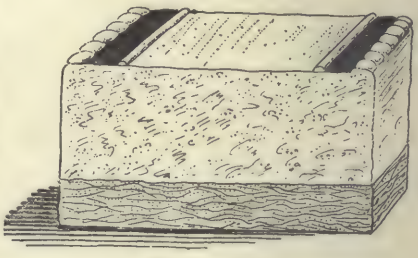


Fig. 56.—Marse

not to spoil the appearance of the meringue. This may be done by holding the narrow piece of twine with both hands over the pastry, and pressing this through the meringue down to the paste bottom. Draw the twine quickly through, and repeat the operation until all is equally divided. Bake for a few minutes in a steady oven until the meringue is slightly tinted. When cold, fill in between the border lines with red apricot jelly, and with a sharp knife, occasionally cleaned with a wet cloth, cut into pieces at the marks already made. Dividing the meringue is easy on account of the marks made on it with the twine before baking, as the baked sugar forms a crust which cannot readily be cut through unless divided into sections in this manner. This is known as *marse*, and is often seen in confectioners' shops on the Continent.

Marking Marses.

Another style of marse is made by raising the meringue to 2 in. in height upon the paste, and bringing this to an angle raised up well in the centre. Dust with sugar, divide, and bake in a steady oven.

Another Variety of Marse.

Venice Bateaux

Line some sharp-edged boat-shaped patty pans, 2½ in. long and 1 in. wide, with short paste (No. 1). Add a little raspberry jam to each; then fill with frangipane made with part ground almonds and part cake crumbs, and bake in an oven about 380° F. When cold, spread a layer of meringue over it, and with the same mixture pipe some lines as shown in fig. 57. Dust with icing sugar, and bake to a light golden colour; when cold, fill in the lines with chocolate fondant or red apricot jelly, and place a silver dragée at each end.

Venice Bateaux.

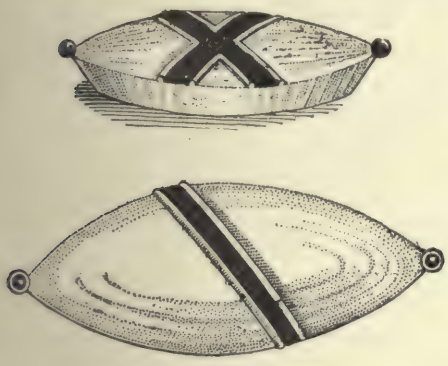


Fig. 57.—Venice Bateaux

Quite a large variety of choice pastries may be made in fancy-shaped moulds with frangipane and cold meringue. Very little decoration is required. They will remain fresh for several days, and make a nice display for a shop window or counter. The meringue should not be used in a thick layer, especially if the pastries may be in stock longer than one day. The thin layer will partly dry through while baking, and is not liable to shrink so readily with keeping as it does when thick.

Use of Frangipane and Meringue.

Cocoanut Fingers

Dress some baking sheets with clarified fat, and dust lightly with flour. Then pipe on with a forcing-bag and a ½-in. plain tube some finger-shaped

pieces of meringue. Cover all with desiccated cocoanut, and place in a drying cupboard for two hours to set them. Bake in a cold oven (about 310° F.). To make a variety of these meringues, cover one-third with white cocoanut, another third with pink, and the remainder with pale green. (See Plate, FANCY MERINGUES, No. 8.)

Cocoanut Fingers.

COFFEE AND CHOCOLATE FINGERS

Coffee and chocolate-flavoured meringue fingers are made by adding a small quantity of strong coffee and vanilla essence to the first, while the meringue for the others is flavoured with melted unsweetened cocoa and a little vanilla sugar. Vanilla sugar is much better for flavouring the chocolate goods, and the small dark seeds of the vanilla are not easily detected. Lay these biscuits out with a bag and a $\frac{1}{2}$-in. star tube.

Flavoured Meringue Fingers.

MASCOTS

Another kind of chocolate finger is known under the name of *mascot* (see Plate, FANCY MERINGUES, Nos. 13, 14). Extra chocolate is added to the mixture prepared for these articles, and the full flavour of vanilla is obtained by boiling a small piece of bean with the sugar. Prepare some hot baking sheets, cover them with a thin coating of bee's-wax smoothed over with paper. When quite cold and the wax set, lay out the mascots with a bag and a $\frac{1}{4}$-in. plain tube. Place at once in a cool oven, and as soon as a crust is formed on top take out from the oven and remove the biscuits with a broad palette knife. It is necessary that these should be taken from the baking sheets while warm, as the wax will quickly set, and the biscuits will stick quite firm. When there is any difficulty in removing them from the baking sheet, stand this on the oven stock to melt the wax. The addition of extra chocolate will cause these articles to run slightly while baking, but with care in preparing the mixture they ought to remain of a good shape and have a rich gloss on top; but they should remain moist inside. On this account they are generally made to order and not stocked as others may be which are partly dried before baking.

Mascots.

Waxed Baking Sheets.

MERINGUE FANCIES

Several kinds of small fancy articles are made with Italian meringue and covered with hot apricot jelly (see Plate, DESSERT FANCIES). These are mostly made upon a base of light Genoese (No. 4) gâteau paste and retailed at 2*d.* each. The meringue, piped on differently shaped pieces of cake, is first partly dried in a hot closet, then masked with hot apricot jelly, either plain or coloured with carmine, and the lower cake part is covered with finely chopped roasted almonds or desiccated cocoanut.

Meringue Fancies.

Rose Fancies

By using a small star tube and bag, *rose fancies* (see Plate, Fancy Meringues, No. 12) are made by piping on a round base a rose of meringue. This is dried for one hour and then covered with jelly. Half a preserved cherry is placed in the centre, and white cocoanut around the base, which has previously also been masked in jelly.

Rose Fancies.

Meringue Pyramid

The pyramid of meringue that is piped on a boat-shaped piece of paste (see Plate, Fancy Meringues, No. 1) to represent a bunch of grapes, is piped on with a bag and a ¼-in. plain tube. To prevent these articles from being sticky, the clear apricot pulp should be boiled to the thread degree, and the jam tested for this purpose by working a little between the thumb and the forefinger. When ready for use, the hot jelly will form a thread as the finger is raised from the thumb. To cover the pastries, these may be dipped into the jelly, using a fork for the purpose, or if the base is too soft to allow this to be done, place them on a draining wire, and pour the jam over with an iron spoon. Remove from the wire as soon as possible; spread the jam evenly around the base of the cake, and cover this with cocoanut or almonds as described. Very little jam is needed to make the almonds adhere to the cake. If it is placed on thick, it looks messy and unsightly. Decorate the top of each piece with chopped pistachio nuts or coloured cocoanut.

Meringue Pyramid.

Dipping Fancies.

Methods of Masking with Jam.

Meringue Peaches

Another way of preparing meringue pastries, as shown in the illustration of Peach Meringue (see Plate, Dessert Fancies, No. 2), is to pipe meringue on to gâteau paste or on a base made with short paste and frangipane filling, in various fruit shapes. These may then be covered with white or coloured fondants. To make these goods more showy, colour the fondant when dry by rubbing on the sides a piece of cotton wool dipped into a mixture of two parts corn flour and one part carmine powder. Very little practice will soon enable the young confectioner to master these details. The incision down the centre of the peaches may be made with the back of a small knife as soon as the meringue begins to dry, or made while this is soft with a modelling tool previously dipped in water to prevent the meringue from sticking to it (see fig. 58).

Meringue Peaches.

Colouring Meringue Fruits.

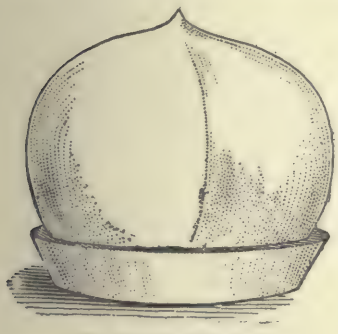


Fig. 58.—Peach Tartlet

Boston Pastries

Boston pastries are made in round shallow patty pans 2 in. in diameter, and lined with short paste (No. 1). In the centre of each place a little apple jam, and fill with a mixture made by moistening cake crumbs with milk, and flavouring with vanilla. The consistency should be about the same as that of Banbury meat. Bake in an oven about 380° F., and, when cold, pipe with a ½-in. plain tube a bulb of Italian meringue on each, so as to cover the filling entirely. Place in a hot cupboard for two hours to dry; then, when cold, dip the top of each piece into chocolate fondant to cover the meringue. This is done by holding the pastry upside down and dipping sufficiently into the fondant, so that when the article is placed upon the wire tray the chocolate is of the same depth all round, and with no tendency to run down the sides. Sprinkle some green cocoanut, or roasted cocoanut mixed with green sugar nibs, on top. Another way of adding the fondant is to pipe it as a scroll with a paper cornet, and to place a small silver dragée in the centre.

Boston Pastries.

Cocoanut Pyramids

Cocoanut pyramids are made by adding 2 lb. of coarse, desiccated or chopped, shredded cocoanut to the mixture of Italian meringue made with 1 pt. of egg whites. This should be mixed in as soon as the meringue is ready. Dress some baking sheets with clarified butter; then dust with flour, and lay out the meringues, pyramid-shape, with a fork. Dry in a warm cupboard for two hours, and finish baking in a cold oven (about 310° F.). The mixture may be divided before mixing in the cocoanut, part coloured coffee, and part with carmine. These should remain in the oven only until they slightly crack at the bottom, and are easily removed from the baking sheets.

Cocoanut Pyramids.

Neapolitan Pyramids

Other cocoanut pyramids are made by mixing 1 lb. of desiccated cocoanut with 1½ lb. of castor sugar into a stiff paste with egg whites. Dress the baking sheets with fat and flour, or cover with wafer paper. Place pieces of the paste on them, and shape to a point with the fingers. Allow these to lie overnight in the bakehouse, and bake next day in a hot oven (about 440° F.). These pyramids, called *Neapolitans*, need only remain in the oven until the point of each has taken colour. When they are made very small, to sell by weight, they should be in several delicate colours, about 1¼ in. high, and baked in a cooler oven (about 340° F.). Mixed together, they make a nice display, and are good enough to place on a buffet table with dessert biscuits. (See Plate, Dessert Fancies, No. 13.)

Stiff Paste for Cocoanut Pyramids.

Neapolitan Pyramids.

TYPES OF DESSERT FANCIES

1. Mocha Slice.
2. Almond Peach.
3. Fancy Meringue.
4. Almond Tartlets.
5. Rognon.
6. Fanchonette.
7. Cocoanut Tartlets.
8. Fancy Cream Bun.
9. Panier en Génoise.
10. Fancy Meringue.
11. Fancy Meringue.
12. Surprise.
13. Neapolitan.
14. Cream Basket.
15. Avondale Creams.
16. Masked Génoise.
17. Almond Cream.
18. Fancy Meringue.
19. Bouche Citron.
20. Raspberry Gâteau.
21. Bouche Macédoine.
22. Bonne Bouche.
23. Cream Buns.
24. Bouche Chocolat.

TYPES OF DESSERT FANCIES

CHAPTER LXVIII

COCOANUT AND ALMOND PASTRIES

Cocoanut Rocks

Cocoanut rocks made from the following recipe have a rich gloss, and eat soft without being sticky. Weigh into a copper or brass preserving pan 2 lb. of coarse or shredded cocoanut and 4 lb. of castor sugar. Mix in 5 gills of egg whites and 1½ oz. of ground rice mixed with ½ gill of water. Mix all well together, place over a steady fire, and keep the mixture stirred with a wooden spoon until it boils. Remove at once from the stove, and with two forks lay the paste out rock-shape upon wafer paper. Place half of a bright preserved cherry on the centre of each, and bake to a light golden colour at a temperature of about 380° F. The pan used for preparing the mixture must have a thick bottom; the mixture must also be kept constantly stirred in the pan to prevent burning. Sometimes these rocks bake with a dull, dry appearance. This is generally caused by the sugar graining in the mixing-bowl; to prevent it, keep the ingredients well in the body of the pan, and the sides quite free. This does not require any beating whatever; just keep all on the move to avoid burning, as it contains plenty of sugar and little moisture.

Cocoanut Rocks.

Madrid Rocks

From this same mixture *Madrid rocks* may be made. These are also decorated with a piece of preserved cherry. Line some plain, oval, sharp-edged patty pans with short paste (No. 1), as for conversation tartlets, by pressing the paste into the moulds from a sheet of dough placed over them as they stand together on the board. The pans should be about 2¼ in. long and 1¼ in. wide. Put a little apple jam in the centre with a paper cornet, and fill with the mixture prepared for cocoanut rock cakes. Place on the piece of cherry, and bake at a temperature of about 380° F. Allow the cocoanut mixing to cool slightly for a few minutes before using.

Madrid Rocks.

Berlin Slices

For *Berlin slices* place on a baking sheet some bands of German dough, pinned out to ⅛ in. thick and 3 in. wide. Pinch the border of each strip and spread over some apple jam. Partly bake in a hot oven (about 420° F.). Along the centre of each strip, to within ¼ in. of each side, spread a thick layer of the cocoanut mixture as prepared for rocks, but made with coarse shredded cocoanut. Place aside to lie all night, and bake next day in a hot oven (about 400° F.). These should be very little coloured. They are cut into strips 1½ in. wide when partly cooled. This mixture of cocoanut, if coloured with egg colour

Berlin Slices.

or with a few yolks, will have a richer appearance. It is advisable to stab the paste before baking, to prevent blistering.

Princess Fancies

Weigh the following ingredients: 6 oz. of plain flour sifted with 2 oz. of corn flour, and 8 oz. of castor sugar mixed with 2 oz. of vanilla sugar.

Princess Fancies.

Place 14 large yolks in a mixing-bowl, add the sugar, and cream these together with a spoon until the grain of the yolks is thoroughly broken. Whisk ten large egg whites quite firm, beat in about 1 oz. of the sugar to prevent their curdling, begin to mix the flour into the yolk batter with a wooden spoon or spatula, and at the same time add small portions of the whipped whites, until the whole of the ingredients are formed into a smooth light mixture. If the flour has been thoroughly mixed with the yolks before the whites are added, the mixture will become heavy. Both must be about the same consistency, and this is obtained when the flour is partly mixed in. Cover some baking sheets with white paper, and with a forcing-bag and a $\frac{1}{2}$-in. plain tube lay out the batter in rounds about 2 in. in diameter. Sprinkle some coarse desiccated cocoanut over them. With a paper-bag pipe a little bright-coloured raspberry jam in the centres of only half of the pieces laid out; then bake in a steady oven about 370° F. to a light golden colour. When cold remove the cakes and sandwich together with raspberry jam; the plain piece should be at the bottom, with the other containing the baked jam on top. Remove the loose cocoanut from the paper, and keep this for decorating the sides of other goods. These fancies must not be overbaked or the raspberry jam will be dark and dull; at the same time they must be dried sufficiently, or they will sink in the centre, as the mixture is a light one.

Princess Finger Biscuits

Princess finger biscuits are made from the same mixing. Lay these out upon papered baking sheets with a bag and a $\frac{1}{2}$-in. plain tube 3 in. long. Pipe a thin line of apple or red apricot jelly along the centre of each biscuit, and cover with chopped shredded cocoanut. Bake at a temperature of about 370° F. and sandwich together with raspberry jam or jelly.

Princess Finger Biscuits.

Chemin de Fer

For these fancies lay on a baking sheet some bands of German dough (see p. 338) 3 in. wide and $\frac{1}{6}$ in. thick. Stab with the point of a sharp knife, and partly bake in a hot oven (about 400° F.). Prepare a mixture of almond paste by mixing together 1 lb. of ground almonds, 1 lb. of fine-grained castor sugar, about 5 whites, and a little vanilla essence. Slightly warm the mixture in a bowl over a pan of hot water (*bain-marie*). With a forcing-bag and a $\frac{1}{4}$-in. star tube pipe out along the border of each strip of half-baked German dough a line of almond paste. Lay another down the centre. Allow these to

Chemin de Fer.

lie for an hour or so until the almond paste has a skin formed on it; then bake for a few minutes in a hot oven (about 450° F.) to colour the almond mixing slightly. When cold, fill in one side with white fondant, and the other side with red jelly or with another kind and colour of fondant. Cut into slices 1¼ in. wide. It is not advisable to bake the slices in a very cold oven, for in that case the almond paste, instead of being soft inside, will bake hard and break when the strips are being cut. Fairly soft wine-biscuit paste may be used for piping on to the band of German dough instead of the almond paste, to cheapen these pastries, but whatever is used for the purpose must be firm enough for the marks made by the star tube to show clearly after baking. A cheaper almond paste for slices is made by mixing together on the board, as for biscuit dough, 1 lb. of flour, ½ lb. fine-grained castor sugar, 3 oz. ground almonds, 5 oz. butter, 3 eggs, and a little vanilla essence.

Bedford Bateaux

Bedford bateaux are made by mixing together 8 oz. of stale sponge-cake crumbs, 8 oz. castor sugar, 3 oz. corn flour, and 3 oz. ground almonds. Whisk twelve whites quite firm, beat in eight yolks, then stir in lightly the dry ingredients, flavour with vanilla essence, and mix in, without working the mixture more than is necessary, 4 oz. of warm clarified butter. Line some boat-shaped, shallow patty pans with short paste (No. 2). Drop a little raspberry jam in the centre of each, and fill with the prepared mixture. Spread level with a palette knife. Bake in a steady oven about 360° F. When cold, mask first with hot apricot jelly and then with thin coffee fondant. Decorate each cake with a small piece of bright cherry, and two diamond-shaped pieces of angelica. With this filling several very choice pastries may be made. It is very light, and, if carefully prepared, may be profitably used for many fancies to retail at 1*d.* each.

Bedford Bateaux.

Coffee Squares

For *coffee squares* take some small square crimp-edged moulds, with the centres slightly raised, and line with short paste (No. 1). Pipe a little greengage jam on the bottom, and with a palette knife fill with the mixing used for Bedford bateaux. Bake in a steady oven about 360° F., and when cold turn upside down on a wire tray. With a paper cornet fill in the hollow with a drop of coffee fondant. Cut out a small piece of cherry with a ¼-in. plain round cutter, and place this on the fondant.

Coffee Squares.

Chocolate Squares

To make *chocolate squares* flavour the mixture with 2 oz. of cocoa powder, besides adding the vanilla essence. When baked, mask the tops with a thin layer of hot jelly, and cover with a mixture of granulated chocolate and a little pale-green cocoanut or pistachio nut. These small pastries may also be covered with small

Chocolate Squares.

stars of butter cream piped on with a star tube, the star brought up to a point. Sprinkle green cocoanut over, or place a silver dragée in the centre.

CHAPTER LXIX

BONNES BOUCHÉES

Chocolate Bouchées

To make *chocolate bouchées* (see Plate, Dessert Fancies, No. 24) whisk ten quite firm whites, beat in fourteen yolks, and with a wooden spoon stir into this light batter 4 oz. of corn flour, 4 oz. of plain flour, 8 oz. of castor sugar, 2 oz. of vanilla sugar, and 2 oz. of cocoa powder. These ingredients should be carefully shaken in from a piece of paper while mixing, to keep this as light as possible. With a forcing-bag and a $\frac{1}{2}$-in. plain tube pipe the bouchées out about $1\frac{3}{4}$ in. in diameter on papered baking sheets. Bake in a steady oven about 380° F., with the door partly open, until the biscuits are fairly dry. Remove them from the paper and sandwich together with chocolate butter cream. Brush over with hot apricot jelly, or with gum arabic, and drop them upon a heap of granulated chocolate. While this covering is being brushed on, an assistant should roll the bouchées at once on the chocolate before the jelly sets firm. Cover these entirely with chocolate, and finish by sprinkling over them a little finely chopped pistachio nut.

Chocolate Bouchées.

Lemon Bouchées

To make *lemon bouchées* (see Plate, Dessert Fancies, No. 19) flavour the mixture with the zest of two lemons instead of chocolate, and sandwich the cakes together with lemon-flavoured butter cream. Mask over with hot apricot jelly, cover the sides with desiccated cocoanut, and in the centre pipe a small narcissus, or round piece of thin lemon peel cut with a plain cutter.

Lemon Bouchées.

Neapolitan Bouchées

Neapolitan bouchées are prepared in the same way as the above. When masked with jelly, pipe three thin lines of royal icing on each to divide the bouchées into three spaces of equal size. Fill these divisions in with white, pink, and chocolate fondant; place a silver dragée on the centre, and drop into small white paper cases. These take longer to prepare, but are well worth this extra labour, and make a very showy article for serving with other decorated cakes. In the preparation of these bouchées, and all light mixtures laid out with the bag and tube, it is necessary that they should be made quite round and finished off with a smooth surface before baking. The forcing-bag should be held perfectly upright when piping them on to the baking sheet.

Neapolitan Bouchées.

Bouchées d'Orange

Bouchées d'Orange are made in diamond-shaped patty pans, lined with short paste (No. 2) and filled with marmalade and the mixture as prepared for lemon bouchées, but flavoured with the zest of three oranges. Fill in with the bag and tube, and place small diamond-shaped pieces of orange peel in their centres. Bake at a temperature of about 370° F. When cold, brush over the top of each piece with some thin orange-flavoured fondant or water icing.

Bouchées d'Orange.

Bouchées Macédoines

Bouchées Macédoines (see Plate, Dessert Fancies, No. 21) are made in small crimp-edged patty pans lined with sweet, short paste, and filled with frangipane filling, into which is mixed chopped preserved fruits, such as cherries, greengages, and apricots, with filleted almonds placed on top. After baking, the pieces are covered with plain or red apricot jelly as desired; a little pistachio nut or green cocoanut is placed in the centre, with roasted shredded cocoanut around the border. Another name for these articles is *Bonnes Bouches* (see Plate, Dessert Fancies, No. 22), an appropriate name, since its meaning is "dainty morsels". Where other than jelly is required for masking over, use weak fondant, or water icing, in two or three colours for variety.

Bouchées Macédoines.

Bonnes Bouches.

Lemontines

For *lemontines* weigh into a mixing-bowl or sponge machine 9 oz. of castor sugar; mix in eighteen yolks and ten whole eggs, and beat up warm as for sponge-cake batter. Continue whisking until this becomes quite cold, then remove the whisk and stir in very lightly with a wooden spoon 7 oz. of Vienna flour and the finely chopped zest of three lemons. Paper some baking sheets with white paper, and with a forcing-bag and $\frac{1}{4}$-in. plain tube lay out the batter in small drops $1\frac{3}{4}$ in. in diameter. Dust thoroughly with icing sugar from a muslin bag, and bake in a moderate oven (about 370° F.). Remove the biscuits from the paper and sandwich them together with whipped cream flavoured with lemon, or with a thin layer of lemon curd. These articles if carefully prepared should be fully 1 in. at least in height. This is a very light mixing, and if the drops are covered well with icing sugar, they will have a smooth glossy appearance when baked. Another method of finishing is to sandwich them together with chocolate-flavoured cream. Pipe on top a curl of chocolate fondant, and place a small silver dragée in the centre to finish the decoration.

Lemontines.

CHAPTER LXX

PULPS AND BUTTER CREAMS

Apricot Pulp and Jelly

To prepare apricot pulp take 10 lb. of preserved apricot puree, and rub it through a fine wire sieve. Then boil it along with 10 lb. of lump or Dutch crushed sugar for fifteen minutes. This is known as *apricot pulp*, to distinguish it from ordinary apricot jam. If boiled to the thread degree, it will, when cold, set in the form of a jelly. It is very useful for all kinds of fancy confectionery, especially those covered with fondant. Besides flavouring the cakes, it helps the fondant to retain its gloss longer than it otherwise would. To boil this to the jelly or thread degree, place the quantity of pulp required into a small copper or brass pan, and boil for a few minutes until this easily threads when tested by working a little between the thumb and forefinger. During this second boiling the pulp should not be overworked in the pan; otherwise it will very quickly become cloudy and useless for covering such goods as meringue fancies. Keep it gently stirred only, and remove from the stove as soon as ready. Care should be taken in testing, for if over-cooked it will become tough and leathery, and also be discoloured. If boiled too little it has a tendency to soak into the covered articles instead of remaining in a jelly state on the top. The jelly may be stiffened on occasions by the use of a little melted gelatine, if it will not set properly otherwise.

Preparation of Apricot Pulp.

What makes Pulp Cloudy.

Discoloured Pulp or Jelly.

Butter Creams

Butter cream has been referred to as a decoration for some of the small articles; and as this is an important agent in fancy confectionery, recipes for making the various sorts are here given. Within the last few years it has been used more or less, where possible, as a substitute for ordinary cream. The one objection that the public have to it is, that it is often made with other than fresh butter, and in consequence it eats greasy. Cheap or stale butter should on no account be employed for this purpose. Even when newly made with these ingredients, butter creams have a peculiar twang, which becomes more pronounced after the articles have been on sale for a few hours. When this cream is used for sandwiching purposes, it should be made very light, almost like cream itself. This is not necessary when it is used for decorating purposes. Four recipes are given here which may be relied upon. These are numbered 1, 2, 3, and 4 for reference.

Objection to Imitation Butter Creams.

To make No. 1, beat 1 lb. of fresh butter with a whisk till it is soft and light. Then stir in 14 oz. of icing sugar and 2 oz. of corn flour, add the flavouring required, and beat all together for a few moments longer, when it will be ready for use. If the

Butter Cream, No. 1.

butter is at all firm, it will be necessary to warm it slightly on the oven stock.

To make No. 2 butter cream, boil together 1 lb. of lump sugar and 1 gill of water to 240° F. (tested with sugar thermometer). Break the grain of twelve egg yolks with a whisk in a mixing-bowl, and into this quickly beat the hot syrup. When cold, beat this mixture of boiled sugar and yolks into 1½ lb. of butter beaten up to a light creamy consistence. This cream is useful for small and large Mocha cakes and gâteaux, in which butter cream is an essential constituent. To flavour butter cream for Mocha cakes, add some coffee essence flavoured with vanilla.

Butter Cream, No. 2.

Another cream, to be called No. 3, is made by mixing cold boiled custard with the creamed butter. This method is frequently adopted by confectioners on the Continent. Any boiled custard containing flour, or that prepared for ices, made with eggs, sugar, and milk, may be used. Where the custard has to be specially made, take 1 pt. of milk, 12 oz. of castor sugar, 12 yolks, and 2 eggs, and mix all together with a whisk. Stand this mixture over the stove in a saucepan, and, when the custard coats the spatula or wooden spoon with which it is stirred, turn it at once into a cold basin. Beat 1½ lb. of fresh butter quite light and soft, and work the custard into this when cold.

Butter Cream, No. 3.

Special Custard for Cream.

No. 4 is a very light butter cream. It is made by mixing together butter beaten very light and a cold mixture of Italian meringue. Add meringue enough to sweeten, and to give a light mixture. This is an excellent substitute for ordinary fresh cream. This cream, being very light, may be used for sandwiching various kinds of cakes, or as a filling for éclairs and cream buns.

Butter Cream, No. 4.

CHAPTER LXXI

GENOESE PASTRIES

Venice Fingers

Prepare a piece of gâteau paste (Genoese) the size required and 1 in. thick. Split in two, and sandwich together with apple jam or red currant jelly. Spread a thin layer of apricot pulp on top, and cover this with a mixture of equal parts finely chopped almonds and castor sugar, made into a paste with yolks of eggs and flavoured with vanilla essence. A thin coating of this almond mixture is required. Mark the top part of the cake into sections by cutting through the almond mixture only, and bake in a fairly hot oven, so that the paste acquires a golden colour. When cold,

Venice Fingers.

Egg Icing.

cut the cake at the divisions marked, so that each piece is about 3 in. long and 1 in. wide. A sharp knife should be used.

Cherbourg Creams

Cherbourg Creams.

Line some round, shallow, sharp-edged patty pans with No. 2 short paste, in the manner described for conversation tartlets. Half-fill those with a mixture consisting of half cake crumbs and half ground almonds, mixed to a paste with milk and whipped cream in equal proportions, and flavoured with rose water. Cover with a thin layer of puff-paste trimmings; mask with royal icing; then pipe two cross lines of pink and two lines with chocolate icing. Bake in a steady oven at 380° F. The icing used for these and similar articles made in small moulds must not be very thin, as otherwise it readily runs over the pans while baking.

Mixed Fruit Slices

Mixed Fruit Slices.

On a baking sheet lay long strips of German dough (see p. 338), 3 in. wide and a little more than $\frac{1}{6}$ in. thick. Leave $\frac{1}{4}$ in. space between each two strips. Dock the dough with the point of a sharp knife, then wash with egg, and along the border of each and in the centre run a long narrow band of dough $\frac{1}{2}$ in. wide and $\frac{1}{4}$ in. thick. Fix these pieces so that they remain upright; then sprinkle some mixed fruit —currants, sultanas, and finely chopped orange peel—between the divisions thus made. With a forcing-bag fill, till level, with frangipane filling. Place a greased piece of wood between the strips of paste to keep them straight. Bake at a temperature of about 380° F. When cold, dust over with icing sugar, and cut in slices 1 in. wide. These cakes are rather nice, and sell well. They may be filled with preserved cherries or other kinds of mixed fruit.

Pommes de Terre

Pommes de Terre.

For *Pommes de Terre* pin out a piece of marzipan or ordinary almond paste to $\frac{1}{6}$ in. thick, and cover with a thin layer of apricot jam. Divide into 2-in. squares, and place in the centre of each a small diamond-shaped piece of gâteau paste soaked with rum, and a little stock syrup. These pieces of almond paste with cake centre are to be shaped as potatoes, which is easily done by folding the paste to cover up the cake, and rolling between the hands. When all the pieces are shaped in this way, brush over with a little stock syrup, and roll in a mixture consisting half of icing sugar and half of powdered cocoa. With the point of a skewer make small holes to represent the eyes. Cake crumbs may be used for the centres by making these into a paste with jam, syrup, and rum.

Almond Peaches

Prepare some small round Princess fancies (see p. 380), baked quite plain, and sandwiched together with red currant or apple jelly. Pin out a piece of marzipan or ordinary almond paste to $\frac{1}{8}$ in., and divide into pieces $2\frac{1}{2}$ in. square. Brush some warm apricot jelly over the biscuits, and lay one upon each piece of almond paste. Take hold of each piece of almond paste and biscuit, and shape between the hands to form a peach; make a groove down the centre with a modelling tool or the back of a knife. To finish this article, rub the sides with a piece of cotton wool dipped in a mixture of corn flour and powdered carmine in equal proportions; then place a small stalk and green leaf on top. This method of making the almond biscuit peach is much better than making it wholly from almond paste, as it is not so heavy. Various fruit shapes may be made in the same way.

Almond Peaches.

Colouring Peaches.

Chocolate Rognons

Chocolate Rognons are made with the mixture used for Princess fancies (p. 380). With a forcing-bag and a $\frac{1}{2}$-in. plain tube lay the batter out on papered baking sheets, in kidney shape, as shown on Plate, Dessert Fancies, No. 5, and bake at a steady temperature of 380° F., with the oven door slightly open. Sandwich together with whipped cream or jam, according to the selling price, cover the top with hot apricot jelly, and mask over with chocolate fondant. Pipe on top with royal icing, and fill in with red apricot jelly.

Chocolate Rognons.

Genoese Baskets

Paniers en Génoise or *Genoese baskets* (see Plate, Dessert Fancies, No. 9) are made thus. Cut out some pieces of firm gâteau paste with an oval cutter, $2\frac{1}{4}$ in. long and $1\frac{1}{4}$ in. wide; mask the top with a layer of clear red apricot jelly, and spread enough around the sides to fasten on some fine desiccated cocoanut. Make an incision at each end with a small knife previously dipped in hot water, and pipe some whipped cream in the slit thus made. Finish by fixing in the centre a small, thin handle made with angelica. This basket requires little time to prepare, and presents an attractive and clean appearance when carefully made.

Genoese Baskets.

Neapolitans

For *Neapolitans* cut a long strip of gâteau paste 3 in. wide. Split this, and sandwich with raspberry jam; then mask the top with a thin layer of apricot jelly, and pipe down the centre some chocolate fondant, with pink and pale orange or white fondant on either side. When the sugar has set quite firm, take a plain cutter, $2\frac{3}{4}$ in. in diameter, dip it in hot water, and cut out the cake in half-moon shapes as shown on the plate of Dessert Fancies, No. 13. Very little trimmings will be left over if the right size of cutter is used.

Neapolitans.

Cream Baskets

For *cream baskets*, as in Plate, Dessert Fancies, No. 14, line some crimp patty pans with a thin layer of short paste; put a little raspberry jam in the centre, fill with frangipane filling, and bake in a moderate oven. Brush some apricot jelly over, and cover with granulated chocolate. With a sharp knife make an incision on both sides; raise these, and with a bag and pipe fill with whipped cream. Bend a thin handle of angelica over the centre.

Cream Baskets.

Avondale Creams

Avondale creams are made in boat-shaped moulds. Place the moulds side by side on the board, and cover with a thin layer of short paste No. 2. Press this into the pans with a small piece of dough, and separate the moulds by pressing the paste on to the sharp edges by moving the rolling-pin backwards and forwards over them. Place on a baking sheet, fill with rich Madeira mixture, and bake in a hot oven (420° F.). When cold, spread on each a layer of hot meringue, or whipped cream mixed with a little melted gelatine, and decorate as shown on the plate of Dessert Fancies, No. 15, with chocolate and yellow fondant and royal icing. Finish with a very small silver dragée.

Avondale Creams.

Tricoloured Genoese Pastries

For *masked or tricoloured Genoese pastries*, take a narrow piece of gâteau paste No. 3. Split, and sandwich with red currant or apple jelly. Roll out three long pieces of marzipan paste, ¼ in. wide, coloured respectively pale green, pink, and white. Cover the top of the cake with apricot jelly, lay the marzipan paste in position as shown on the plate of Dessert Fancies, No. 16, and cover with chocolate fondant. When the fondant has set firm, dip a sharp knife into hot water and cut into small pieces as required.

Tricoloured Genoese Pastries.

To cut through Firm Fondant.

Many varieties of masked Genoese are made, iced over with various coloured fondants, and decorated with preserved fruits, butter cream, crystallized violets, or rose leaves. These must be made small enough to retail at one penny each, if a fair margin of profit is to be obtained. The example on the coloured plate was made from a narrow strip of gâteau paste, split, and sandwiched together with raspberry jam. This was then cut into small oblong pieces, which were covered with hot jelly and then with raspberry-coloured fondant, decorated with pieces of preserved fruits, and piped with a star of royal icing.

Masked Genoese.

Almond Cream Cakes

For *almond cream cakes* (see Plate, Dessert Fancies, No. 17), split a piece of gâteau paste and sandwich with whipped almond-flavoured cream. With a small oval cutter cut out as many pieces of cake as required, avoiding as much as possible the production

Almond Cream Cakes.

of trimmings. Brush over the top of each cake with hot apricot jelly, and lay on a small piece of almond paste formed in the shape of a pear. Cover with yellow fondant; when this has set quite firm, colour the top with powdered carmine in the same way as described for almond peaches. Insert a small piece of clove or a currant at the thick end, and at the other a thin piece of angelica to represent the stalk. Pipe on a small leaf with either pale green royal icing or butter cream.

Finishing Pears.

Leicester Squares

Leicester squares, which are easily made and sell well, need no fondant. Prepare a piece of pink gâteau paste ¾ in. thick, coloured with carmine and flavoured with strawberry essence. Cut two pieces of paper the size of the gâteau paste, and spread on these a thin layer of Swiss roll batter. Across one piece of this, pipe alternately lines of pink and white or chocolate royal icing ¼ in. apart. With the point of a knife drawn backwards and forwards across the cake mixture marble the icing, and bake both pieces in a fairly hot oven (400° F.). When cold, remove from the paper, turn the plain piece on the board, spread on a layer of hot apricot jelly, and upon this lay the piece of gâteau paste. Then on the gâteau paste spread some more jelly, and lay on this the piece of marbled cake. Cut into shapes as shown in fig. 59.

Leicester Squares.

Pink Gâteau Paste.

To Marble Icing.

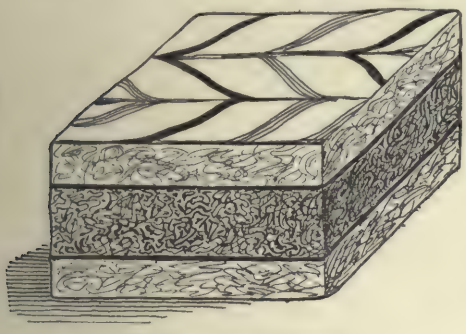


Fig. 59.—Leicester Squares

Genoese Fancies

To make up Genoese or gâteau paste fancies quickly, to retail at one penny each, the following method may be adopted. Take a piece of gâteau paste 1 in. thick; split, and sandwich together with apricot pulp. Spread some apricot jelly on top with a palette knife, and cover with a thin layer of pale green fondant flavoured with orange-flower water. When this is set, cut into small shapes, leaving as few trimmings as possible. Decorate half with fine scrolls of chocolate fondant, and finish the remainder with preserved cherries, cut in rounds, and small, thin diamond-shaped pieces of angelica. For the decoration of these articles thick angelica should not be used, as this makes them look rather clumsy. Before using, the angelica should be washed in warm water to soften and remove the crystallized sugar with which it is usually covered.

Quickly-made Genoese Fancies.

How to Cut Angelica.

For another variety, split and sandwich a piece of gâteau paste

with a thin layer of chocolate, butter cream, or custard. Spread some jelly over it, and then cover with chocolate fondant; divide into small squares, and finish by placing half a shelled walnut on the centre of each, and cover the sides with apricot jelly and roasted desiccated cocoanut. Part of the gâteau paste, after being covered with the chocolate fondant, may be cut out with a small plain round cutter, occasionally dipped in hot water. To decorate these, take one paper cornet filled with pale green fondant, another filled with pink, and pipe on the middle line of the cakes two drops of each colour, making four in all. The drops of fondant should touch each other. Place a small silver dragée in the centre to finish, and lay in small paper cases.

To cut Gâteau Paste with Cutter.

Decorating Fancies.

Instead of drops of fondant, vanilla butter cream may be used, but delicately tinted with the same colours. A star of butter cream is piped in the centre, and a small silver dragée placed on top. With various coloured fondants and preserved fruits, a large variety of these small shapes may be quickly made and decorated. Some confectioners cover the gâteau paste with a thin layer of almond paste before masking with fondant. This improves the flavour, and makes a smooth surface for icing over. The fancies made in this way must be very small, owing to the cost of the almond icing.

Thin Almond Paste over Fancies.

Before fondant was introduced, small fancies were generally piped with royal icing, with divisions in the design usually filled with bright-coloured jam. The gâteau paste was made from a rich pound cake mixing, was cut up into the usual shapes, and on these a border of royal icing was piped with a small star tube. They were divided into sections with piped lines of sugar, and each division was filled with jam. Where the piping is done with a very small tube, and clear jam is used, these Genoese fancies may still be quite suitable for any high-class trade.

Old-fashioned Method of Preparing Fancies.

Another simple style is to cut the cakes out with a small plain round cutter, and pipe on a border of royal icing; then fill in the centre with apple or red currant jelly. The sides are covered with apricot jam and rolled on fine desiccated cocoanut or sugar nibs, and green cocoanut is placed in the centre.

Lines and Jelly Decoration.

Mocha Fancies

A butter cream flavoured with coffee and vanilla, as given in No. 2 recipe (p. 385), will be useful for flavouring and decorating the popular cakes known as *Mocha fancies*. Prepare a long piece of gâteau paste 3 in. wide and 1 in. thick, cut and sandwich with coffee butter cream, spread some apricot jelly over, and mask with rich-flavoured coffee fondant. Pipe two narrow lines of royal icing along each border, and fill in with red apricot jelly. With a sharp knife, dipped occasionally in hot water, cut the cake into pieces about 1 in. wide. Pipe a scroll on the top of the cakes, as shown on the plate of Dessert Fancies, No. 1, and place a small silver dragée in the centre of each cake.

Mocha Fancies.

Another small Mocha cake is made by splitting and sandwiching a piece of gâteau paste with coffee cream. The top of the cake is covered with a layer of butter cream, then cut into small 2-in. squares. In the centre and at each corner a star of cream is piped on, and the fancies are finished by covering the sides with a thin layer of butter cream, or apricot jelly, and very fine sugar nibs or desiccated cocoanut.

Coffee Cream Filling.

Vanilla Cream Fingers

To make vanilla cream fingers, cut a strip of No. 2 gâteau paste 1 in. thick and 3 in. wide. Split, and sandwich together with No. 1 butter cream flavoured with vanilla sugar. Spread with hot apricot jelly, and mask over with white fondant flavoured with rose water. With a paper cornet and a fine-cut small star tube pipe a line of vanilla-flavoured butter cream along each border, and two lines running down the centre $\frac{1}{2}$ in. apart. Fill the centre lines in with chocolate fondant, and sprinkle over this some finely chopped pistachio nuts. When the fondant has set quite firm, cut the paste into fingers $\frac{3}{4}$ to 1 in. wide.

Vanilla Cream Fingers.

Vanilla-flavoured Cream.

Maraschino Creams

Another very nice-eating and attractive-looking cake is made from a long strip of Genoese paste of the same width and thickness as the above. This is cut in halves, and sandwiched together with apple or red currant jelly. The pieces are covered with pulp and white fondant, flavoured with maraschino. Pipe two lines of cream along each side on top about $\frac{1}{4}$ in. apart, and two down the centre $\frac{1}{2}$ in. apart. Fill the three spaces between the piped lines with red apricot jelly, sprinkle some pistachio nuts over the whole, and cut into narrow strips.

Chocolate Cream Fingers

Another attractive small fancy cake is made by placing between two thin pieces of gâteau paste a layer of chocolate butter cream. Mask with pulp and cover with white fondant, pipe on three pairs of lines with butter cream, and fill the spaces between with pink, pale-green, and coffee fondant. When quite firm, cut into small fingers.

Chocolate Butter Cream.

CHAPTER LXXII

PETITS FOURS GLACÉS

The very small fondant-covered articles known as *petits fours glacés* are generally made with a base consisting either of small pieces of gâteau paste, or of short paste baked in very small moulds, or of small pieces of dry sponge biscuits. For covering these, or for

Petits Fours Glacés.

sandwiching them together, richly flavoured almond paste, butter cream, or chopped preserved fruits are mostly used. Various liqueurs are used for flavouring. They are masked entirely with fondant, and when finished are placed into small fancy crimped paper cases. They should be decorated with a light scroll piped on with fondant, or by placing in the centre some chopped or split pistachio nut, crystallized flowers, or chopped preserved fruits. These goods are made only on rare occasions, except in hotels, restaurants, or large catering houses, where they are often prepared for the dinner, supper, or luncheon table. For dipping the petits fours into the fondant, a small

General Methods of Finishing.

Use of Petits Fours.

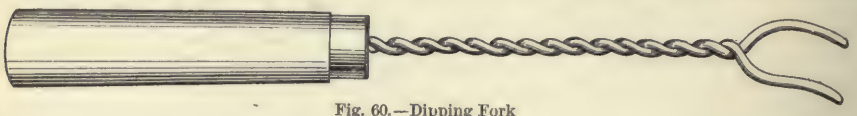


Fig. 60.—Dipping Fork

fork with two wide-set prongs (fig. 60) will be found useful for certain varieties.

Take a thin sheet of firm gâteau paste about 1 in. thick; split it in two and sandwich together with apricot jam or butter cream. Splash over with maraschino or some other liqueur. Spread on a layer of hot apricot jelly, and with a sharp knife, occasionally wetted with a cloth, cut the cakes into small pieces of various shapes, making as few trimmings as possible. Prepare the covering fondant suitably flavoured, and warmed to about 85° F., and with a dipping fork separately dip in each piece of cake and place at once upon the draining wire. Those intended to be decorated with pistachio or other nuts and crystallized flowers should have these placed on before the fondant sets firm. Stand the wire in the drying cupboard for a few moments to set the fondant; then finish the decoration. Remove the fours with a knife dipped frequently in hot water, and place into the small paper cases.

Foundation of Petits Fours.

Biscuit petits fours are made from the following mixture. Weigh into a mixing-bowl 10 oz. of castor sugar. Add twenty yolks, and cream both together with a spatula or wooden spoon. Beat ten large whites quite firm, and while an assistant is lightly mixing in 10 oz. of sifted Hungarian flour with the yolk batter, gradually mix in pieces of whipped whites until all is mixed to a light firm batter. With bag and $\frac{1}{4}$-in. plain tube lay out the mixture on papered baking sheets in very small fancy shapes. Bake in a steady oven about 360° F.; then transfer from the papered tray and sandwich together with various fillings, such as chopped preserved pineapple or other fruits, butter cream, marzipan paste flavoured with liqueurs, or a cream made with crushed preserved chestnuts (*marron glacé*) flavoured with kirsch and vanilla sugar. Mask each with hot apricot jelly; then cover with fondant and decorate as required. When dry, place in paper cases. These small biscuit petit fours are easily prepared, and make a good saleable assortment.

Biscuit Petits Fours.

Fillings for Biscuit Petits Fours.

Marron Glacé.

PETITS FOURS GLACÉS

From the same batter other goods to be retailed at 1*d.* each may be prepared, piped in various shapes, sandwiched together with jam or butter cream, and covered with fondant. The biscuits for either purpose must be baked fairly dry, and may be prepared in batches and used as required. It is necessary to scoop out the centres partly when adding the mixture for sandwiching.

Penny Biscuit Petits Fours.

Another variety of petits fours glacés is made with small pieces of gâteau paste cut out with cutters of various shapes, flavoured with butter cream, and masked with fondant. The cream used may be made with butter and custard mixed, or that prepared with butter, sugar, and yolks as directed in Chapter LXX. In the preparation of these petits fours there are two essentials to be noted. The butter cream must be quite firm and lightly dusted with icing sugar before covering with fondant, and the fondant covering must be made barely warm, so as not to cause the butter to melt. Petits fours glacés made with butter cream flavoured with liqueurs eat nice, especially in cold weather. These creams are preferable to many of the sticky fillings sometimes used.

Butter Cream Petits Fours.

As a guide to those who may not have used butter cream for this purpose a few directions are given, which, if carefully followed out, will give satisfactory results. Prepare a thin piece of firm gâteau paste about $\frac{1}{4}$ in. thick. Cut out the number of pieces required with a small oval cutter 1 in. long, and divide them into three separate lots. Prepare some pink butter cream flavoured with maraschino, and spread a thick layer $\frac{1}{2}$ in. high on one-third of the pieces of cake. Shape the cream with a palette knife to make a rounded surface, and keep in a cold place for one hour. Dust lightly with icing sugar and mask with pale-green fondant, flavoured with rose water. Allow these to lie for one hour until the fondant is quite dry. Dip the end of a thin knife into some warm water, cut each petit four down the centre, and lay them in shallow paper cases. These small articles are very choice, with the pink and pale-green colours blending properly. Cover the second portion of the oval pieces with pineapple-flavoured butter cream raised to $\frac{3}{4}$ in. high. Mask with fondant by dipping these with the fingers; then place some chopped pistachio on the centre. Finish the remainder with butter cream, mixed with finely chopped preserved pineapple flavoured with maraschino. Pipe this mixture on in small raised bulbs. When the cream is firm dip each small cake into yellow fondant, slightly tinted with carmine and flavoured with maraschino. Place in paper cases. Make a few small coloured spots on each cake, to represent the eyes of a pineapple, with the point of a wooden skewer dipped into a mixture of gum arabic coloured with a little carmine and caramel colouring.

Use of Butter Cream in Petits Fours.

Take a piece of gâteau paste the same thickness as for the above fours, and cut out a number of small round pieces with a plain cutter 1 in. in diameter. Pipe on one-third of these a small bulb of vanilla butter cream; press a small preserved cherry on top, and when the cream is firm cover with white fondant flavoured with liqueur. Fill a paper cornetwith part

of the same fondant, and pipe a small scroll on the top of each. Place a silver dragée in the centre, and lay in small paper cases. Finish the second portion with pink butter cream fondant of the same colour flavoured with rose water, and small preserved cherries. The cherries should be very small for these petits fours and half-forced into the cream, causing this to assume a dome-like shape.

For the remaining small pieces of cake prepare some chocolate butter cream, flavoured with melted, unsweetened cocoa and vanilla. Pipe a pyramid of cream upon each, then cover with chocolate fondant. Pipe a scroll of fondant on top, and place a small silver dragée on the centre.

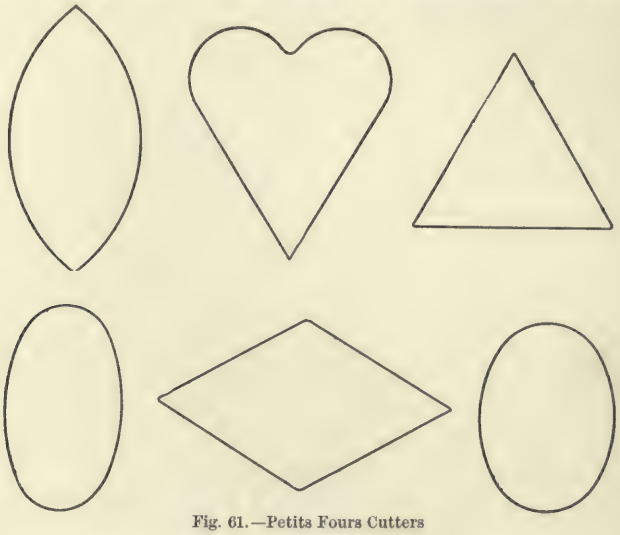


Fig. 61.—Petits Fours Cutters

Use of Fancy-shaped Gutters.

Sets of small fancy-shaped cutters (fig. 61) are very useful to the ornamental confectioner for many purposes. These may be used in the preparation of petits fours glacés as follows. Prepare a piece of gâteau paste $\frac{3}{4}$ in. thick, flavoured with liqueur and sandwiched with jam. Spread on a layer of hot apricot jelly, and cover with a thin sheet of marzipan paste. With the small fancy-shaped cutters cut this into small pieces. On the centre of each lay a piece of marzipan paste cut out with a cutter of the same shape as the cake, but one-third the size. Have this about $\frac{1}{4}$ in. thick. Cover the cakes with fondant in the usual way. No extra decoration will be necessary for these petits fours. The small shapes of marzipan paste will show clearly through the fondant and will give them a neat attractive appearance.

Rich Almond Paste Petits Fours.

Rich almond paste petits fours may be made by placing a thick layer of almond paste, shaped with the fingers or piped with bag and tube upon thin pieces of gâteau paste. Various flavourings already mentioned may be used for these. They are then covered with a thin coating of hot apricot jelly and masked with fondant.

Another variety of petit four glacé is made with very small boat-shaped short-paste cases, filled with chopped preserved fruits, almond paste, or butter cream, flavoured with liqueurs, and the whole masked with fondant. The paste cases are prepared by laying a thin sheet of short paste No. 2 on the small moulds placed together on the board, pressing this into each with a firm piece of dough, and separating them by running the rolling pin backwards and forwards on top. Place the moulds on a baking sheet, prick the paste in each with the point of a knife, and bake in a hot oven (390° F.). When the cases are filled with almond or other cream filling, a thin coating of fondant is required to cover this only, but the short paste is not covered.

Boat-shaped Petits Fours Glacés.

CHAPTER LXXIII

CHOU PASTRIES

Choux à la Crême

Many favourite pastries are made with what is known as *chou paste*. For this weigh into a saucepan or mixing-bowl ½ lb. of butter and 1 oz. of sugar. Add ½ pt. of water, and bring all to the boil. While this is boiling, stir in quickly ½ lb. of Hungarian flour (this will make a fairly stiff paste); continue to stir this over the fire for two minutes; then remove and transfer to a cool pan. Break seven fair-sized eggs, and beat these into the paste, two at a time, until all are mixed and a rich smooth elastic paste is produced. As this mixture is rich, keep all the ingredients well together in the body of the pan, and beat together quickly. The transference to a cold vessel, and the few seconds occupied in breaking the eggs, will allow the paste to cool sufficiently to remove any danger of its being too hot for the eggs. To make *choux à la crême* (see Plate, Choux Pastries, Nos. 16, 17) proceed as follows. Prepare a slightly greased baking sheet, and with a forcing-bag and tube drop the paste in round bulbs about 1½ in. diameter and ¾ in. thick. Wash with egg, and bake in a solid oven at 380° F. These will puff up light and hollow in the middle. When cold, make an incision on one side, and partly fill the hollow centre with whipped cream, or cream substitute made as already described, or with custard only, or meringue only. Dust with icing sugar, and pipe a spot of red jelly on the top of each cake.

Making Chou Paste.

Stirring the Eggs in.

Filling for Choux à la Crême.

Cream Buns

The name *cream bun* (see Plate, Chou Pastries, Nos. 2, 3, 15) has been given to articles made from the same paste as the above, or a mixture very similar, and baked in their own steam in specially prepared covered pans (fig. 62). Baked under these conditions,

Cream Buns.

the pieces swell out much larger than when baked on open trays. They dry much quicker in consequence, and should be made from a rich butter mixture. Use the same recipe as given above for chou à la crême. When the paste is ready, drop it on the special pan, slightly greased, with a bag and ½-in. plain tube in bulbs about 1½ in. diameter. Then place the cover on the pan, and bake in a hot oven (460° F.) for about fifteen minutes. Care must be taken while baking not to remove the cover until the buns are baked, otherwise these will collapse and be unsaleable. Make an opening at the side, and, when cold, partly fill with whipped cream. Dust with icing sugar. If these are made very small, and if cream can be obtained at a moderate price, they may be sold at 1*d.* each and show a fair profit; but 2*d.* is the usual price if real cream is used.

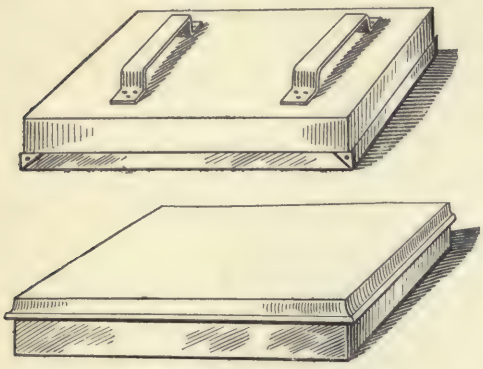


Fig. 62.—Cream Bun Pans

Many fancy cream buns are made for serving at buffet and luncheon tables. These look attractive when made small, filled with richly flavoured cream, and iced over with either white, pink, coffee, or chocolate fondant, and served in small paper cases. Decorate the tops with granulated chocolate, chopped pistachio nuts, preserved cherries, or crushed crystallized violets.

Colours for Small Cream Buns.

Pralinée Cream Buns

For *pralinée cream buns*, prepare the small buns as for chou à la crême, and bake on an ordinary baking sheet. Fill these with whipped cream, flavoured with crushed pralinée, ice the tops with coffee fondant, and sprinkle over some crushed pralinée or roasted chopped almonds mixed with a little pistachio nuts.

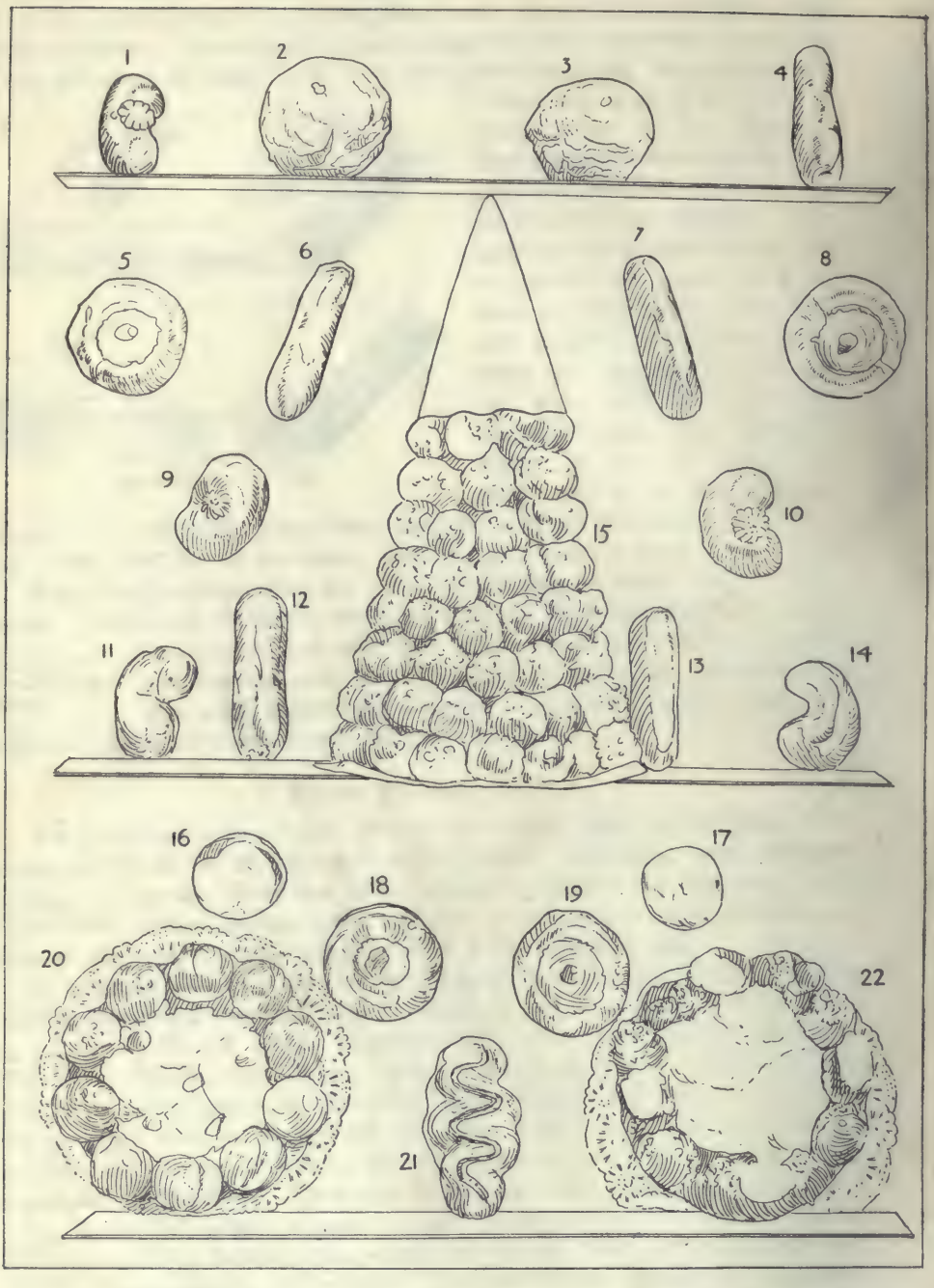
Pralinée Cream Buns.

A pralinée with rich flavour is prepared with roasted whole almonds, vanilla beans, and caramel sugar. Roast in the oven on a baking sheet 1 lb. of whole almonds until they are coloured through. Weigh into a small copper sugar-boiler 1¼ lb. of castor sugar; add one vanilla bean cut into small pieces; stand the pan over a slow fire, and stir with a spoon until the sugar boils to caramel. Mix in the almonds, stir all together for a few minutes over the fire, and transfer to a greased marble slab. Allow this to become quite cold, then crush under the rolling-pin, or pass through the almond paste machine. While crushing between the granite rollers or otherwise, constantly sift the pralinée, and use the fine powder for flavouring purposes. This flavouring imparts a very rich aroma to the articles. It can be effectively used in ices.

To prepare Pralinée.

Use of Pralinée Powder.

CHOU PASTRIES



1, 9, 10, 11, 14, Chocolate Rognons. 2, 3, Cream Buns. 4, 6, 7, 12, 13, Éclairs. 5, 8, 18, 19, Bordeaux Creams. 15, Croquenbouche of Cream Buns with Spun Sugar Top. 16, 17, Chou à la Crême. 20, 22, Gâteaux St. Honoré. 21, Fédora Cake.

CHOU PASTRIES

Cream buns may be made from a slightly cheaper mixture consisting of 1 qt. of water, 1 lb. of butter, 1½ lb. Hungarian flour, 2 oz. castor sugar, and 26 to 30 eggs. Cheaper Cream Bun Mixture.

Éclairs

A mixture made from the following quantities will also give good results, but is more suitable for éclairs, &c.: ½ lb. butter, ½ pt. milk, ½ pt. water, 1 lb. of Hungarian flour, 1½ oz. of sugar, and about 14 eggs. Éclairs. Éclairs are not required so light as cream buns, and the surface must be smooth for covering with fondant (see Plate, Chou Pastries, Nos. 4, 6, 7, 12, 13). Prepare the mixture as directed for cream buns, and, when ready, lay out on a slightly greased baking sheet in fingers about 3 to 3½ in. long and about ½ in. thick. Wash with egg, and bake in a steady oven at 380° F. until they are rather dry and of a light-brown colour. Articles made with the cream bun or éclair paste must be baked fairly dry, as they quickly soften on being exposed to the moist air. About ¼ inch from the top of each éclair cut an opening along one side, and fill the hollow centre with whipped cream flavoured as required. Mask over the top with hot jelly, and cover with fondant. Care is necessary not to allow the sugar to run down the sides. Place these in a warm cupboard for a few seconds, to dry the fondant before sending to the shop. When covering with chocolate fondant, this should be of a dark reddish-brown, not black. When preparing éclairs for special functions, make them about 3 in. in length, laid out with ¼-in. plain tube. Fill with richly flavoured real cream. Divide the quantity into four lots; ice one lot pink, one white, another with coffee fondant, and the remainder with chocolate. If carefully iced, these make an attractive assortment.

Filling Éclairs.

Colour of Chocolate for Éclairs.

Variety of Éclairs.

Pralinée Fingers

With a forcing-bag and ½-in. star tube pipe on slightly greased baking sheets finger-shaped pieces of cream bun paste. Wash over with egg; sprinkle on some finely chopped almonds, and bake in a solid oven about 380° F. Bake fairly dry. When cold, split and fill with cream flavoured with pralinée, and dust with mixed icing and vanilla sugar.

Pralinée Fingers.

Vanilla Rings

For *vanilla rings*, pin out to ⅛ in. thick some stale puff-paste trimmings; cut out with 2¼-in. plain round cutter; allow these pieces to lie for twenty minutes on a splashed baking sheet. Then with a forcing-bag and a ¼-in. star tube pipe a ring of cream bun paste around the border of each piece of paste. Bake in a solid oven. When cold, dust with icing sugar, and fill in the centre with Italian meringue or boiled vanilla custard.

Vanilla Rings.

Bordeaux Fancies

Another variety very similar to the above is made by piping the cream bun paste with a ¼-in. plain tube upon puff-paste bottoms previously washed with water. When baked, cover the border of the bun mixture with hot jelly and chocolate fondant. Fill in the centres with Italian meringue or whipped cream, and place a small piece of preserved cherry on top. These are known as *Bordeaux fancies* (see Plate, Chou Pastries, Nos. 5, 8, 18, 19).

Bordeaux Fancies.

Chocolate Rognons

The *chocolate rognon* shown on the plate of Dessert Fancies was made, as previously stated, from a very light biscuit mixture. Another kind (see Plate, Chou Pastries, Nos. 1, 9, 10, 11, 14) is made with cream bun paste, filled with vanilla cream, and covered with chocolate fondant. In this case the pieces of cream bun paste are made kidney-shaped. Wash with egg, and bake in a solid oven about 380° F. When cold, partly split; fill with vanilla cream, brush hot jelly on top, and mask with chocolate fondant. Pipe a star of vanilla cream on top.

Chocolate Rognons, No. 2.

Fédora Cakes

For *Fédora cakes*, as shown on Plate, Chou Pastries, No. 21, pipe pieces of cream bun paste, about 3½ in. long and 1½ in. wide, on a greased baking sheet in a curly or zigzag form. Bake in a solid oven about 380° F., and when cold partly fill with whipped cream. Dust with icing sugar, and pipe a zigzag line of red jelly on top.

Fédora Cakes.

CHAPTER LXXIV

MERINGUE GOODS

To the confectioner who has a large assortment of confectionery to prepare, meringue pastes, either cold or hot, are very useful. With hot or Italian meringue (see p. 373) he is able to prepare a choice variety of small and large pieces of confectionery, either for shop trade or for luncheon and supper tables. They may, with little practice, be made into baskets, vases, boxes, bee-hives, and other shapes, to be served with cream or mixed fruits. Articles made with hot meringue, and dried before exposure to the air, remain dry when kept under proper conditions, and do not soften in damp air, as do those made with cold meringue (see p. 373). Shells made with the latter are very light and fragile, but quickly absorb the damp and become unsaleable. The heating of the former meringue, by the addition of boiling sugar, tends to partly set the mixture, and forms

Meringue Baskets, Vases, Boxes, &c.

Cold Meringue becomes soft.

a smooth coating on the goods, which are then not so quickly affected by the atmosphere as others of a more porous nature made with a cold paste.

Hot Meringue remains dry.

To be successful with the preparation of either kind of meringue mixtures it is necessary to use good materials, such as fine hard-grained castor sugar and fresh egg whites, and the work must be done with utensils which are perfectly free from grease of any description. Some confectioners recommend the use of stale whites. This is good advice when properly understood; but some have thought that the whites of stale eggs were referred to, and they have consequently failed to make good meringues. In composition the white is a mixture principally of albumen and water, and the first change that age produces in the egg is partly physical. The white becomes very watery and loses part of its viscosity. Stale whites of this description are of little use for whisking purposes, and should be avoided. The best results are obtained with whites separated from fresh eggs, and exposed to the air for at least twenty-four to thirty hours before being used. In this time part of the moisture evaporates, with a consequent increase in the *proportion* of albumen. Compared with whites freshly separated the difference is readily detected. Those prepared some hours previously beat up quicker and firmer, and without the aid of any chemical, such as cream of tartar, which has at times to be used with weak whites to toughen them.

Grease must be avoided.

Whites of Stale Eggs not Suitable.

Changes in Egg Albumen with Age.

Why Whites should be exposed some time.

Small mixtures of cold meringue, from 1 qt. of whites downwards, are best made in a copper bowl and beaten light with a soft whisk. The sponge machine may be used, but is no improvement. The machine is best for hot meringue, as with it there is less danger of the whites curdling when the boiled sugar is poured in. With a good whisk the whites for the cold mixture may be whipped up in a short time without curdling or causing any waste of material, as is often the case when prepared in an ordinary sponge machine.

Copper Bowl for Small Quantities.

Sponge Machine for Hot Meringue.

There are several causes to account for whites curdling while being whipped. This generally happens if weak stale eggs are used, the whites of which are very watery. Curdling is often the result of beating the mixture all over the bowl instead of keeping it well in the centre. Particles of the meringue remain untouched by the whisk; these quickly separate, the small cells burst, and when mixed in with the remainder of the mixture, cause the whole to become soft. The whites should be slowly whisked at first, and the speed increased as they become firm. If they are made under proper conditions, no sugar need be added until the whites are almost ready for use.

Causes of Curdling.

Method of Whisking.

Meringue Shells

To make *meringue shells* (see Plate, Fancy Meringues, No. 7) proceed as follows. Break ½ pt. of egg whites into a clean copper bowl, and weigh down 1¼ lb. of clean, fine-grained castor sugar. Beat the whites until they become quite firm; then whisk in about one-third of the sugar. Remove the whisk and mix in the remainder of the sugar with a wooden spoon or spatula. Cover some clean baking sheets with thin kitchen paper, and with a bag and ½-in. plain tube pipe the meringues in small oval pieces (egg shape), about 2¼ in. in length and 1¼ in. wide. This size would be suitable for those meringue shells prepared for catering purposes; those retailed in the shop are made slightly larger. They should be nicely rounded and plump like half of an egg, and about 1 in. in height, and quite smooth on the surface and at each end. To get these results the pipe must be kept a little away from the paper while laying out. Dust lightly with sugar, and bake in a cold oven (about 310° F.). Using an ordinary furnace oven, the baking may take place at the close of the regular day's work. On no account must the oven be hot; otherwise the meringues will quickly take colour, and will blow during the baking more than is necessary. Little sugar is required for covering purposes; too much will cause the meringue to crack badly on the surface. Coarse sugar has the same effect.

Meringue Shells.

Small Sizes for Catering.

When Meringues can be baked.

Why Shells crack.

As soon as the meringues may be handled, raise them off the paper, turn over in the hand, and press in the centre with a small egg. Pack them away in a box, and store in a warm cupboard, which should be quite dry, until required for use. Some confectioners pack the meringues away without pressing in the centres, leaving this until they become perfectly dry and are required for filling, then they scoop out the centres with a small knife. This is not a good method, for the meringues, being so brittle, are easily broken, especially when the confectioner is busy with other work.

Indenting or Hollowing Centres.

At one time meringue-making was one of the jobs shunned by working confectioners. It was tedious work. The meringues were laid out with an iron spoon, and this operation required some practice before it could be performed successfully. They were baked on wet boards, a plan that is still adopted in some bakeries. This plan is, however, not so efficient as that described above. When baking the meringues on the wet boards, they are removed when the outer crust has formed; the centre is scooped out, and they are then dried and packed away. This method does not improve the appearance of the meringues, especially when the work has to be done quickly. The ragged edges of the scooped part look coarse and unfinished.

Using Wet Boards.

Scooping Centres not Satisfactory.

Princess Meringues

There is one kind of meringue which can be baked satisfactorily on a wet board. It is known as a *Princess meringue* (see Plate, Fancy

MERINGUES, No. 11), and is made thus. Make into a stiff meringue five large whites and 1 lb. of castor sugar. Lay out on paper with bag and small plain tube, dust with sugar, and bake on a board previously soaked in water. When ready, remove from the board, and sandwich the meringues in pairs by placing between them three preserved cherries previously mixed with a little red-currant jelly and noyau. Where these small meringues have been previously well covered with sugar, small pearls will form on top, caused by the steam acting on the sugar.

Princess Meringues.

PINK MERINGUES

Sometimes *pink meringues* are required for mixing with the white to give variety of colour. These may be made with cold meringue, but are liable to become too much coloured during baking. The better method is to take a small mixture of hot meringue as prepared for meringue fancies (see Chapter LXVII), and colour with carmine. With bag and plain tube lay the meringues on papered or buttered-and-floured baking sheets, and partly dry in a hot cupboard. After a few hours these may be raised and turned over. The centres can then be pressed in, and the goods returned again to the cupboard to finish drying.

Pink Meringues.

Use of Drying Cupboard.

COFFEE MERINGUES

Small coffee meringues (see Plate, FANCY MERINGUES, No. 6) are made by boiling a strong infusion of coffee with the sugar and water as follows. Boil 1 lb. of lump sugar and 1 gill of water to a temperature of 245° F. Add ½ gill of coffee essence and a few drops of caramel colouring. Boil again to 245° F. Remove this from the stove, and whisk eight whites to a stiff froth; then add 1½ oz. castor sugar, and, while whisking, have the boiled sugar gently poured in. These small meringues may be baked upon wet boards and sandwiched together with their own moisture, or baked on greased and floured baking sheets, and put together with whipped cream flavoured with vanilla and coffee essence.

Coffee Meringues.

ROCHERS

Rochers à l'Italienne are small rock meringues (see the plate, No. 2), made with hot meringue and filleted almonds. Break into a copper bowl eight large whites and 1 lb. of castor sugar, stand this over a pan of hot water, and whisk the mixture until it becomes quite light, firm, and slightly warm. Mix in carefully 12 oz. of very thin filleted almonds; lay out upon greased and floured baking sheets in small heaps, shape each with a fork, and bake in a cool oven (about 310° F.).

Rochers à l'Italienne.

Chocolate rochers may be made by mixing in 3 oz. of melted unsweetened cocoa and 2 oz. of vanilla sugar before adding the almonds. Careful mixing is necessary to ensure success, owing to the oily nature of the cocoa.

Chocolate Rochers.

For *orange and lemon rochers*, flavour the mixture with either orange

or lemon zest, and colour with a yellow vegetable colour, or yellow and carmine mixed. Mixed together, these goods make a nice assortment, and if made with fresh almonds they are suitable for a first-class trade.

Orange and Lemon Rochers.

Cocoatines

Cocoatines (see Plate, Fancy Meringues, No. 16) are small light biscuits made with hot meringue and desiccated cocoanut. Over a pan of hot water, or in the sponge machine, beat up ten large whites and 1 lb. of castor sugar. When ready remove from the water, and mix in 1 lb. of medium coarse cocoanut. Cover some baking sheets with wafer paper, and with bag and ½-in. plain tube drop the small cocoatines in pyramid shape about 1¼ in. high. Cover one-third with green cocoanut, another with pink, and the rest with roasted cocoanut. Place in the drying oven for twelve hours, and when quite dry mix all together.

Cocoatines.

Another method is to leave the meringue quite plain on a buttered and floured baking sheet exposed to the air for twelve hours; then to bake it for a few moments in a solid oven about 400° F. to colour the point of the biscuits slightly. Here, again, careful handling of the mixture is required if success is to be obtained, as it will be impossible to force the mixture through the bag and tube if it is in any way heavy. The soft meringue will work through the bag, and leave the cocoanut almost dry inside.

Mushroom Meringues

Small mushroom meringues (see Plate, Fancy Meringues, No. 10) are prepared from hot meringue made by adding 1¼ lb. of castor sugar to eight whites. Dress a baking sheet with clarified butter, dust over with flour, and with a bag and ¼-in. plain tube lay out small drops of meringue about 1 to 1¼ in. in diameter. Have the surface of each quite smooth, and with the remainder of the mixture lay out a number of small pyramids about 1 in. high, to be used as stalks for the mushrooms. Place the trays away in the drying oven until the meringue sets quite firm. Then scoop out the centres of the pieces intended as tops, fill these with whipped cream flavoured with kirsch, press in the stalk, and dust lightly with powdered cocoa.

Mushroom Meringues.

Meringue Fingers

Meringues are frequently made in small finger shapes, and coloured either throughout the mixture or by using strongly coloured and flavoured sugars for dusting on them before they are dried or baked. (See Plate, Fancy Meringues, No. 8.)

Meringue Fingers.

Surprises

A very neat meringue fancy is known as a *surprise* (fig. 63). This has the appearance of being built up of round layers or meringue of gradually decreasing diameter, the top one finishing in a point. For a base a short paste or German paste biscuit or case may be used. This has a little flavoured jam placed on the centre, then with

Surprises.

TYPES OF FANCY MERINGUES

1. Pyramids.
2. Rocks.
3. Boats.
4. Grecian.
5. Palermo.
6. Coffee.
7. Shells.
8. Fingers.
9. Swallows.
10. Mushrooms.
11. Princess.
12. Rose.
13. Strawberry Mascot.
14. Chocolate Mascot.
15. Spoon.
16. Cocoatines.
17. Cherry.

TYPES OF FANCY MERINGUES

a bag and a plain tube the hot meringue is piped on in the form described. Some skill is needed to ensure that each layer has a nice rounded appearance, and that the whole stands quite straight when finished. These effects are obtained by holding the bag quite perpendicular, and a little distance up from the biscuit, and from each layer as it is finished, and using a gradually reducing pressure as the layers become narrower. There are four or five ridges usually in each surprise. These may be finished by simply dusting over with fine castor, then with dry pink sugar, and dried for a few minutes to form a crust. Or they may be covered with strong clear apricot jelly, which will set quite firm and not sticky, or they may be covered with fondant coloured in any way desired.

Fig. 63.—Surprise

CHAPTER LXXV

WINE BISCUITS

Queen's Drops

Queen's drops are among those classed as Wine Biscuits, and may be made from the following recipe. Weigh into a mixing-bowl 1 lb. butter and 1 lb. castor sugar; cream together, beat in ten eggs, two at a time, and stir in 1¼ lb. Hungarian flour and 4 oz. currants. Very careful baking is required, so that these drops may remain moist on keeping. With bag and ½-in. plain tube lay the batter out in small bulbs on papered baking sheets. Bake in a hot oven (about 460° F.). As soon as the biscuits show signs of taking colour, remove the bottom sheet and finish baking. This method will ensure that the bottoms of the drops are soft. Pair them together by careful pressing without using any preserve.

Queen's Drops.

Cherry Biscuits

Baking in a colder oven will cause the drops to run out flat similar to *cherry biscuits*, which are made up with 1 lb. butter, 1 lb. sugar, 1 lb. flour, and eight eggs. Prepare as for Queen's drops, and lay a small piece of preserved cherry upon each. In some districts a much cheaper article may be required, for which weigh down: ¾ lb. butter substitute, 1 lb. 2 oz. castor sugar, 2¼ lb. strong flour, seven eggs, 6 oz. currants, ¾ pt. milk, 2¼ oz. No. 2 powder, egg colour, and essence.

Cherry Biscuits.

Apricot Drops

Apricot Drops. *Apricot drops* are made from either of the above mixtures, without currants, and when baked are sandwiched together with apricot jelly or jam.

African Biscuits

African Biscuits. A different class of article is the *African biscuit.* These require baking in a hot oven (420° F.), and are prepared as follows. Weigh on the board 1¼ lb. soft biscuit flour and 12 oz. butter from which the salt and water have been removed. Rub the butter and flour together until the butter is thoroughly mixed. Make the bay; weigh in 10 oz. castor sugar, three small eggs, and the zest of two lemons, and mix all into a dough, without overworking. To make the various shapes pass the paste through the biscuit-forcer (fig. 64) upon greased baking sheets. When baked and while hot, cut into lengths as required with a sharp knife.

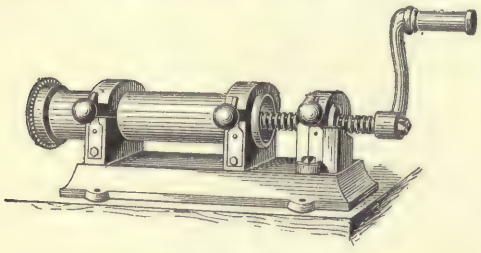


Fig. 64.—Biscuit-forcer

African Biscuits, No. 2. Another recipe for these biscuits is as follows. Make into a dough 2½ lb. flour, 1 lb. butter, 1 lb. sugar, six small eggs, and a few drops essence of lemon. Force out the paste through a star disc on the board, and cut into small lengths of 2½ to 3 in. Fold into various shapes, such as rings, S-shaped twists, &c. Lay on baking sheets, and bake quickly.

Orange African Biscuits. *Orange African biscuits* may be made from either of the above mixtures. Force out the paste through a wide disc (1¼ in.) upon the baking sheet, and bake in a hot oven. Wash over with orange water icing, sprinkle on some green cocoanut, and while warm cut in fingers 3 in. long.

Shrewsbury Biscuits

Shrewsbury Biscuits. Weigh down 1¼ lb. flour, 12 oz. butter, and 10 oz. castor sugar, and mix into a dough with two large eggs and the zest of two lemons. The paste for these and other biscuits will be easier to pin out if prepared several hours before it is needed. Especially is this necessary in hot weather, when the butter is liable to be very soft. When the butter is oily on account of the heat, change the method of mixing, and instead of proceeding as described above, press the butter and sugar together, add the eggs, and lightly work all in with the flour. Pin out the paste to ⅛ in. thick, using during the operation no more dust than is really necessary. With a crimp cutter 2¼ in. in diameter, cut out the paste and bake in a hot oven (about 400° F.). To keep the biscuits of a uniform colour, draw the baking sheets occasionally to the mouth of the

oven and remove the biscuits as they bake. The centres should be almost white and the borders tinged a light brown.

Derby Biscuits

For *small Derby biscuits* weigh down and make into a dough 3 lb. soft flour, 1½ lb. butter, 1¼ lb. castor sugar, 4 oz. currants, and six eggs. Pin out to ¼ in. thick, cut out with a small plain cutter 1½ in. in diameter, and bake in an oven at about 380° F. **Small Derby Biscuits.**

For *large Derby biscuits* make dough as prepared for the small variety. Pin out to ⅛ in. thick, and cut out with a large crimp cutter 3½ in. in diameter. **Large Derby Biscuits.**

Fancy Wine Biscuits

For *fancy wine biscuits* the dough is cut out with small cutters of various shapes (fig. 65). They are washed over with egg, and turned over on a mixture of finely chopped almonds and small sugar nibs. They are baked on clean dry baking sheets in a hot oven (about 400° F.). Besides using almonds and sugar nibs, part of the biscuits **Fancy Wine Biscuits.**

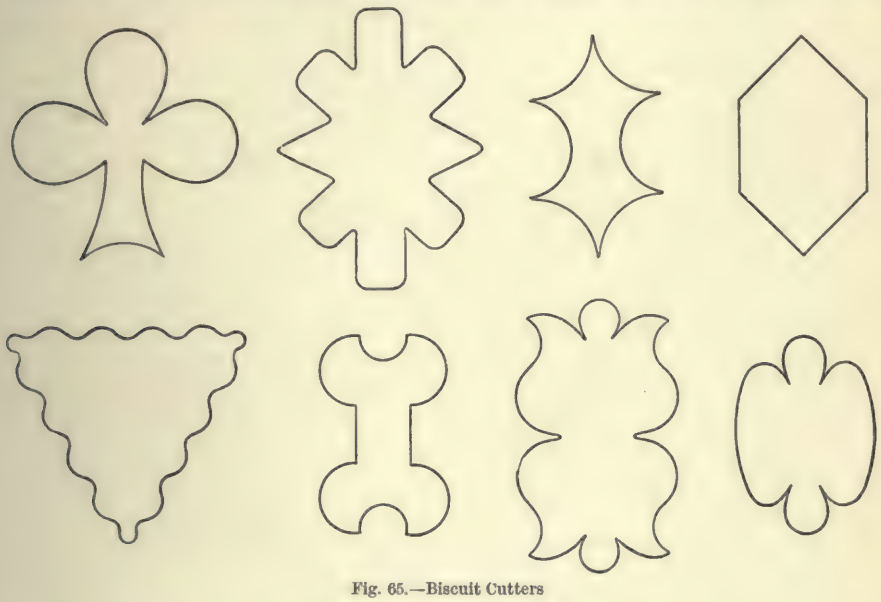


Fig. 65.—Biscuit Cutters

may be decorated with preserved cherries and angelica. The dough may be prepared with the following ingredients: 2½ lb. soft flour, ½ lb. ground almonds, 1¼ lb. castor sugar, 1 lb. 6 oz. butter, six small eggs, and the zest of two oranges.

A much cheaper but quite satisfactory biscuit is made with the following: 3 lb. flour, 1¼ lb. cheap castor sugar, 6 oz. butter, 6 oz. lard, 1¼ oz. No. 2 powder, 3 gills milk, egg colouring, and essence of lemon. Divide

the dough into two pieces, add currants to one and caraway seeds to the other, and cut out in various shapes.

Easter Cakes

Easter cakes are in much greater favour in the provinces than in London. These biscuits are prepared from a rich biscuit paste, flavoured with grated nutmeg or mixed spice. They are made very thin and cut out with a large crimp cutter, and baked sufficiently to colour the edge brown. The flavour of the butter is quickly spoiled in biscuits which are overbaked, although they may not be discoloured enough to make them unsaleable. With the following ingredients prepare a dough as for ordinary wine biscuits: 2½ lb. soft flour, 1½ lb. butter, 1¼ lb. sugar, ¼ lb. currants, five eggs, and a little grated nutmeg. Pin out to $\frac{1}{10}$ in. thick, and cut out with a 3½-in. crimp cutter.

Easter Cakes.

Moss Biscuits

For *moss biscuits* weigh down 2 lb. biscuit flour, 1 lb. butter, ½ lb. castor sugar, ¼ lb. corn flour, and five eggs. Prepare a dough in the usual way, flavoured with lemon zest. Divide the paste into small pieces about the size of walnuts, and with the back of an iron spoon force each piece separately through the meshes of a wire sieve. To ensure success in shaping these biscuits, remove the dough from the sieve by raising it with the bowl of the spoon, keep each collection of paste shreds together, and lay upon papered baking sheets. Bake in a hot oven (about 420° F.), touch the top of each with liquid gum, using a camel's-hair brush, and sprinkle green cocoanut or pistachio over them.

Moss Biscuits.

Rich Almond Biscuits

Rich almond biscuits are covered with a layer of almond cream or frangipane filling (see *Victoria Tarts*, p. 340) masked with apricot jelly or various coloured water icings. Prepare as follows. Cover a small baking sheet with a thin layer of No. 5 short paste or the dough as for moss biscuits. Stab the paste to prevent its blistering while in the oven, and cover with a thin layer of almond cream. Place a wooden baton at the open end of the baking sheet, and bake in an oven at about 370° F. When cold, mask with hot apricot jelly or thin water icing, and partly cover this with finely chopped roasted almonds and green cocoanut. Cut into small shapes with a knife or cutters, to sell by weight or otherwise.

Rich Almond Biscuits.

Wholemeal Gingernut Biscuits

Very few plain dry biscuits are now made by the baker and confectioner. Factory biscuits sold at popular prices have more or less taken their place. Of the few that are left for the confectioner, one of the best known is the *wholemeal gingernut biscuit*, which is prepared as follows. Weigh down upon the board 3½ lb. wholemeal, 3½ lb. plain flour, with which is incorporated 3 oz. No. 1

Wholemeal Gingernut Biscuits.

powder. Rub in 12 oz. butter, make a bay, add 3 lb. warmed golden syrup, 1¼ lb. castor sugar, 1¼ oz. ground ginger, ¼ oz. mixed spice, and make all into a medium stiff dough. Pin out to ⅛ in. thick, cut out with a 1½-in. plain cutter, and bake upon greased baking sheets in a moderate oven at about 380° F. As these biscuits are inclined to spread slightly while baking, place them on the baking trays about ¾ in. apart.

Coffee Biscuits

Coffee biscuits contain very little fat or sugar. The dough is pinned out thin, docked over, and cut out with a small oblong-shaped cutter. They are baked in a hot oven upon wire trays. The following ingredients will make a dough suitable for these biscuits. **Coffee Biscuits.** Mix together as for other biscuit paste, 3 lb. of soft flour, 4 oz. butter, 4 oz. sugar, 4 eggs, and about 1 pt. of milk. This may be flavoured with essence of coffee, and coloured with black jack (p. 321). These biscuits seem to have received their name not from any flavouring used in the manufacture, but because they were often served with coffee.

Presburg Biscuits

Presburg biscuits are seldom made now, but were at one time in great favour. When carefully prepared they are not to be despised. From rich plain bun cake, such as used for cutting up for rusks, prepare a number of oblong-shaped pieces, 2 in. in length and ½ in. square. **Presburg Biscuits.** Weigh down 3 lb. of ground almonds and 2½ lb. of castor sugar; flavour with vanilla sugar, and mix into a paste with part yolks and part whole eggs. Mask over each piece of plain cake with the almond paste, spread on with a small palette knife, and slightly colour in a hot oven (about 400° F.).

CHAPTER LXXVI

MACAROONS AND ALMOND BISCUITS

In the preparation of confectionery whole or ground almonds play an important part. For some years confectioners have been induced to buy almonds ready for use, either ground, chopped, shredded, or cut into fillets. This system opens the way for adulteration, especially with ground almonds, to which are sometimes added other nuts of inferior quality. The addition of these affects both the flavour and the appearance of the confectionery in which a large quantity of ground almonds is used. For this reason, and to save time and material, it is advisable to test fresh samples of ground almonds by preparing a small mixing before making the full batch of goods. Where the proper quantity of egg whites or other

Ready-prepared Almonds.

Testing Ground Almonds before Mixing.

aerating and moistening ingredients are added, and the articles bake with a pinched appearance, it will be a sure sign that the almonds have been adulterated with other nuts containing less oil. To improve the appearance of the goods made from such adulterated material, extra moistening in the form of whites must be used. On the other hand, after testing, if they show signs of flowing too freely, it will indicate that the almonds have been oiled during the grinding process, and the mixture will require less moisture and sugar to obtain the best results. Almonds that are oiled in this way destroy the binding properties of the egg whites. This is particularly the case with almond macaroons or such goods as contain a large proportion of almonds. Ground almonds of this description are dear at any price; they have a slight greasy brown colour, which, however, can be readily disguised. For best-quality confectionery cut or chopped almonds should not under any circumstances be overdried so as to render them hard and brittle. In certain articles it will be necessary to use those that have been prepared a few hours previously, so that they eat soft and mellow. Factory-prepared almonds are usually more or less hard, and when wanted soft they must be soaked for a little in water. This does not improve the flavour.

Adulteration of Almonds.

Overdried Almonds.

To soften Hard Almonds.

Filleted almonds are useful for decorating various kinds of small and large pieces of confectionery. For the tops of biscuits and gâteaux they must be cut very thin, and yet retain their shape. Thick filleted almonds give the goods a clumsy appearance if the articles are small. The admixture of a small proportion of bitter almonds with the sweet improves the flavour.

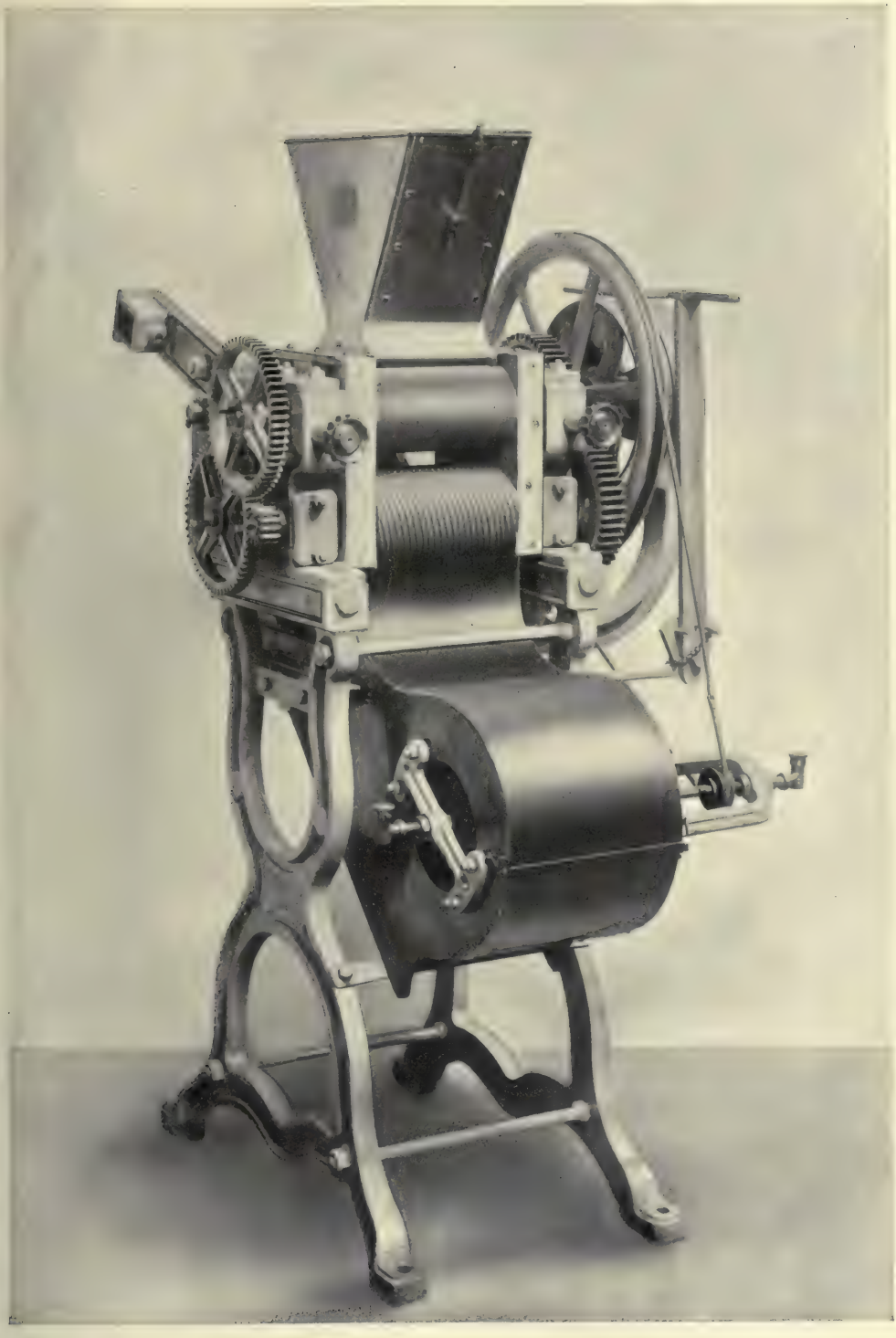
Use of Filleted Almonds.

Mixing Bitter Almonds for Flavour.

To blanch almonds it is necessary to boil them for a few moments in plenty of water. Before adding them to the water, sift thoroughly to remove any dust, and pick out any pieces of shell they may contain. When the skins begin to rise and are easily removed by pressing the almond between the thumb and finger, turn out at once on a sieve to drain off the water. Turn the almonds over on a clean sack, and rub well to remove as many of the skins as possible without breaking the nuts. Fan the almonds in small lots; this will remove the loose skins, which will blow off as they are thrown up. By pressing each almond between the thumb and finger remove those skins which still adhere. During blanching the almonds should not be allowed to cool, or at least to dry, or the skins will become dry and stick quite firm again. This difficulty may be overcome by soaking the almonds in cold water directly after boiling. They may then be blanched without fear of their drying quickly. When large quantities of prepared almonds are needed, it is profitable to employ machines to perform the blanching, filleting, and grinding. When the almonds are required for chopping or cutting into fillets, they should remain in a cool place for a few hours before this is done; they will then be less brittle.

Blanching Almonds.

Use of Cold Water in Blanching.



ALMOND-BLANCHING MACHINE

Almond Paste

Almond paste is used by the confectioner for various purposes. One kind that will keep for several days, and is useful for special goods, is made as follows. Weigh on the slab 2 lb. of icing sugar, and 2 lb. of sweet ground almonds. Into a mixing-bowl weigh 2 lb. of castor sugar, and add three eggs and nine yolks. Place the bowl over the pan of water on the stove, and while stirring the mixture with a spatula heat it to a temperature of 90° F. Mix all with the icing sugar and ground almonds already weighed on the slab. This produces a rich smooth almond paste. It may be flavoured with rose- or orange-flower water, especially if wanted for wedding cakes. Almond paste prepared in this way is much better and less sticky than that made by mixing all the ingredients together cold. This mixture will be referred to as *raw almond paste.*

Raw Almond Paste.

Boiled almond paste is very useful for covering the sides and tops of wedding cakes. It is made with boiled sugar. Weigh into a copper or brass preserving pan 4 lb. of lump sugar, add 1 pt. of water, and boil to 240° F. Remove from the stove and stir in one tablespoonful of glucose, ¼ gill of orange-flower water, and a little egg colour. When these ingredients are well mixed, add 2 lb. of sweet ground almonds, stir all together quickly with a stout whisk, and pour at once on the cakes. Instead of using egg colour, twelve yolks may be worked in while the almonds are being added. This paste must be handled quickly, and careful preparation is essential to ensure that the almond paste will cut smooth and firm.

Boiled Almond Paste.

When the sides of a cake are to be covered it should be placed inside a hoop slightly larger than the cake. This hoop is lined with a band of cartridge paper. As the paste is comparatively thin when hot, it can easily be run in between the hoop and the cake until all the space is filled and the top level. As wedding-cake customers are generally anxious that friends to whom pieces of the cake are sent should each receive a portion of almond paste, it is necessary in some cases to put a layer in the centre as well as on the sides and top. A piece of sheet tin, about 8 in. high and about 36 in. long, bent round, will be found useful when using the boiled almond paste. This may be bent to suit cakes of various sizes, instead of employing the cake hoop, and is easily fastened with a piece of stout wire or tied with a cord.

Running Boiled Paste on Sides of Cakes.

Almond Centres in Wedding Cakes.

Tin Support for Almond Paste.

Almond Macaroons

One of the oldest and most popular of almond goods is the *almond macaroon.* The introduction of many other kinds of confectionery during the last decade has slightly modified the demand, but no confectioner would think his list of shop goods complete without macaroons. It is only in first-class shops that they are made with pure

Almond Macaroons.

ground almonds. The general tendency is to prepare them from specially prepared macaroon or marzipan paste, to which extra sugar is added. In using bought marzipan paste for making macaroons, no definite quantity of sugar can be given, as these nut pastes vary. The confectioner is on the safe side when he makes a practice of testing each fresh sample, and so ascertaining how much sugar is needed.

Recipe for Macaroons.

A rich-eating macaroon is made as follows. Weigh on the slab free from grease or flour 1 lb. of sweet ground almonds, 2 lb. of coarse-grained sugar, and 3 oz. of ground rice. Mix these together, and add $\frac{1}{2}$ pt. and 1 white of egg, or about 11; make all into a medium stiff paste, and work this thoroughly with the hands. Transfer to the mixing-bowl, and with a wooden spatula or spoon beat the paste well for several minutes. For macaroons to retail at 1*d.* each, sixteen may be made from 1 lb. of paste. With a forcing-bag and $\frac{1}{2}$-in. plain tube lay the paste out on baking sheets covered with wafer paper, place a split almond on each, throw some granulated or coarse castor sugar on them, and bake in a steady oven about 380° F. Owing to these biscuits containing so much sugar careful baking is required, as too hot an oven will cause them to flow more than is necessary. Mixing the ingredients well together with pestle and mortar, if these are in use, is a better method than merely mixing on the marble slab. Half-stale sponge-cake crumbs mixed with the almonds may be used for cheapening the mixture. When this is done more whites are needed, and the macaroons dry quickly.

Why Macaroons are baked in a Cold Oven.

Stale Sponge in Macaroons.

Cherry Macaroons

Another sort of macaroon is baked upon a paste bottom, which is made by mixing together, as for short paste, $1\frac{1}{4}$ lb. of soft flour, 10 oz. of butter, $\frac{1}{2}$ lb. of castor sugar, and 3 small eggs. Pin out this paste to $\frac{1}{8}$ in. thick; with a $2\frac{1}{4}$-in. crimp cutter cut out the number of pieces required, and lay these on a baking sheet splashed with water. Prepare a mixing of macaroon paste as directed for penny macaroons; mix into this 4 oz. of citron peel and 4 oz. of cherries, both ingredients to be chopped very fine. With the bag and $\frac{1}{2}$-in. tube drop this upon the bottoms of sweet paste to within $\frac{1}{4}$ in. of the border. Place a small whole preserved cherry in the centre of each, cover with granulated sugar, and bake. These cherry macaroons may be baked upon paste bottoms cut out with a small $2\frac{1}{2}$-in. cutlet-cutter, and finished by placing small pieces of preserved cherries and chopped almonds on top.

Cherry Macaroons.

Macarons Brillants

Weigh into a mixing-bowl 1 lb. of ground almonds and $1\frac{3}{4}$ lb. of fine-grained castor sugar; mix thoroughly into a smooth paste with six large whites of egg. Beat eight whites quite firm, and with a spatula stir these in with the almond paste. This requires careful mixing,

Macarons Brillants.

and the whites should be added a little at a time to keep the paste as light as possible. With bag and ½-in. plain tube lay the mixture out on papered baking sheets, sprinkle over some coloured nonpareils, and bake double-tinned in a moderate oven (360° F.) with the door partly open. When ready transfer the papers to the board, already wetted with hot water; remove the biscuits and pair them together. The moisture on the bottom will cause them to adhere. The double baking sheet is required to prevent the bottoms from taking too much colour. It is well to remember, when preparing mixtures by the method just given, that besides having the beaten whites perfectly firm, it is also essential to have the almond paste neither too firm nor too soft, but soft enough to mix readily with the whites without causing the air cells to burst.

Light Macaroon Mixture.

Care in Mixing Whites in Paste.

Macarons Demours

This is another variety of macaroon prepared in the same manner. If these are to be retailed at 1*d.* each it is not necessary to sandwich them together. The mixture, if carefully prepared, will yield a very light article. Extra colour may be obtained by baking on only one baking sheet. Make into a paste with eight whites and vanilla essence, 1 lb. 2 oz. of ground almonds, 10 oz. of icing sugar, 8 oz. castor sugar, and 6 oz. of crushed crumbs of ratafias or macaroons. Beat up eight whites quite firm, and mix these into the almond paste. With bag and tube lay out on papered baking sheets, cover with pieces of broken macaroon and finely chopped almonds, and bake as directed for macarons brillants. Many choice penny articles may be made by lining fancy-shaped moulds with rich short paste, and filling in with either of the mixtures made according to these two recipes given for macaroons with whipped egg whites. Other nuts than almonds may be used.

Macarons Demours.

Use for Macaroon Crumbs.

Chocolate Macaroons

For *chocolate macaroons* (see Plate, Fancy Dessert Biscuits, No. 8) weigh into a pan or mortar 12 oz. of ground almonds and 1 lb. of fine-grained castor sugar; add seven egg whites, and mix all together until fairly light, as for ordinary macaroons. At this stage add a little vanilla essence or vanilla sugar, also melted unsweetened cocoa to colour and flavour the paste. Lay out on a baking sheet covered with wafer paper, place a split almond on each, dredge on some granulated sugar, and bake at a steady temperature. These goods are generally sold by the pound from 1*s.* 6*d.* upwards. Mix the melted cocoa with about one-third of the almond paste before adding this to the whole mixture. The reason for this is that the cocoa sets firm quickly when mixed with a cold paste, and may produce lumps.

Chocolate Macaroons.

Method of Mixing Cocoa.

A less expensive chocolate macaroon is made from the following recipe: 2 lb. of ground almonds, 4½ lb. of coarse castor sugar, 8 oz. of ground rice,

Cheap Chocolate Macaroons.

4½ gills of whites, 4 oz. of melted cocoa, a little caramel colouring, a few drops of vanilla essence, and a few drops of carmine. The method is the same as that already described.

Ratafias

Ratafias are very small almond biscuits made about ¾ in. in diameter. They are used alone or mixed with other fancy biscuits, and they are very useful for building up vases and baskets, and for making raised trifles. For ratafias mix together as for ordinary macaroons 1 lb. of sweet ground almonds, 2 oz. of bitter almonds or a little oil of almonds, 1¼ lb. of coarse castor sugar, and six large whites. Lay the biscuits very small on cartridge paper, flatten the top of each with a damp brush, and dust lightly with castor sugar; then bake in a solid oven at 380° F. When baked, transfer the papers to a wetted board, remove the biscuits from the paper, and lay them on a wire tray to be kept in the drying oven for two hours.

Ratafias and their Uses.

In some districts a cheaper kind of ratafia is required, which may be made with the following quantities: 1 lb. of sweet ground almonds, 2¼ lb. of coarse castor sugar, 6 oz. of ground rice, and 14 whites. Mix in the usual way, and flavour with a little oil of almonds.

Cheaper Ratafias.

Fancy Macaroons

For *fancy macaroons* weigh into a mixing-bowl 1 lb. of sweet ground almonds, 1¼ lb. of castor sugar, and 2 oz. of vanilla sugar. Mix all into a paste of macaroon consistency with about seven whites. With bag and ¼-in. plain tube lay the paste out on baking sheets covered with wafer paper about 1 in. in diameter. Hold the forcing-bag upright during the operation, and drop the biscuits a little more than ¼ in. high. Cover with granulated sugar, make an impression in the centre of each with the handle of a wooden spoon, and bake in an oven at 360° F. When quite cold, fill the centres with clear, hot apricot jelly. Decorate this with various coloured fondants, such as coffee, vanilla, green, and pink, by piping on top of the jelly a little fondant of either colour. These biscuits, with their various coloured centres, look very attractive, especially where delicate colours are used.

Fancy Macaroons.

Orange Macaroons

Orange macaroons (see Plate, Fancy Dessert Biscuits, No. 2) may be prepared with the same mixture, and flavoured with the zest of three oranges in place of the vanilla. Lay out round, and cover with granulated sugar; then make a small hole in the centre of each, and bake to a light golden colour. To finish these small biscuits fill the centres with orange fondant and a little chopped pistachio nuts; or fill with hot apricot jelly, and pipe a little fondant over that. To ensure that each biscuit is properly covered with sugar, and to prevent waste, lay the pieces of wafer paper on the board when forcing out the almond paste. The sugar which does not adhere to the goods may then be easily shaken off.

Orange Macaroons.

As a thin skin quickly forms upon the paste when on the paper, these biscuits should be covered with the sugar and baked as soon as possible. With large macaroons, the shape is often spoiled by insufficient attention to this matter, and instead of having a honeycomb surface, ugly cracks form on top, which spoil the appearance. Why Macaroons are sometimes Unshapely.

Reference has been made to the use of green desiccated cocoanut in place of pistachio nuts. The latter are mostly used for decorative purposes, and contain no special flavour. As they are retailed at about 3*s.* 6*d.* and upwards per pound, they should only be utilized for high-class confectionery. Coloured cocoanut or finely chopped almonds serve as substitutes, and may be coloured with "Breton" green paste, mixed with a little spirits of wine. Prepare as follows. Place into a shallow pan the almonds or cocoanut, add the colour, made liquid with spirit, and mix all together between the hands. To obtain the natural colour of pistachio it may be necessary to mix some yellow colour along with the vegetable green; and by constantly comparing the substitute with some chopped pistachio nuts the imitation may be nearly perfect. It is better to use spirits than water, as the former quickly dries and leaves a brightness which is not obtained otherwise. To prepare pink cocoanut, add liquid carmine mixed with some spirit, and store in an air-tight canister as soon as this becomes dry. Coloured Cocoanut. Imitating Pistachios.

Pineapple Macaroons

Pineapple macaroons (see Plate, Fancy Dessert Biscuits, No. 7) are prepared with almond paste in the same way as orange macaroons, and are flavoured with essence of pineapple. In the usual way, drop the paste on wafer paper laid on the board, in fingers about 1½ in. long and ½ in. wide. Cover at once with granulated sugar and place on a baking sheet; then make an incision down the centre of each, and bake in the oven to a light golden colour. When cold, fill in the centres with yellow fondant flavoured with pineapple, and lay a thin narrow piece of preserved pineapple on each biscuit. Pineapple Macaroons.

Another method by which these choice biscuits may be finished is to fill the centres with hot apricot jelly with which has been mixed some finely chopped pieces of preserved pineapple.

Strawberry Macaroons

Strawberry macaroons have an attractive appearance. They are prepared as follows. Mix together, as for ordinary macaroons, 1 lb. of ground almonds, 1½ lb. of granulated sugar, about 7 large whites, and enough liquid carmine and essence of strawberry to colour and flavour the paste. Lay out with bag and plain tube as for orange macaroons, cover with sugar, and bake in an oven about 380° F. These biscuits when baked should have very little brown colour, so that the pink paste and sugar crystals may show clear. Fill in the centres with red Strawberry Macaroons.

apricot jelly flavoured with essence of strawberry. When the jelly has almost set firm, place some finely chopped pistachio nuts on the centre.

Parisian or French Rout Biscuits

These biscuits (see Plate, Fancy Dessert Biscuits, No. 1) have more or less taken the place of the old-fashioned English routs, as they eat softer and are quickly made. To obtain the best results, very fine ground almonds must be used. The biscuits should be laid out with a $\frac{1}{4}$-in. star tube cut to show at least twelve points. Weigh on the board 1 lb. of sweet ground almonds, 14 oz. of fine-grained castor or icing sugar, and 2 oz. of vanilla sugar. Mix all together with about five whites. The consistency of the paste should be a little firmer than for orange macaroons. Cover a baking sheet with cartridge paper, and with a bag and star tube lay out in various shapes as shown on the plate. Decorate some with preserved fruits. Make a small hole in the others with the end of a wooden spoon occasionally wetted. With part of the paste, pipe two long lines side by side and slightly press the centre with the spoon. Allow these to remain all night, and bake next day on double baking sheets for a few minutes in a solid oven at 450° F. The biscuits should not be dried, but coloured to a pale golden colour, and when transferred from the oven they should be washed over with stock syrup or prepared liquid gum arabic. Fill the cavities made with the spoon with various coloured fondants, and let these set firm. Cut the double long piece into squares or other shapes, remove from the paper and lay on a wire tray. When these biscuits are required at short notice, warm the almond paste in the *bain-marie*; it will soften with the heat, and it must be laid out at once. Decorate with fruit, and place into the drying oven for two hours to cool; then bake and finish as described. The partial drying of this paste before baking prevents the biscuits from spreading.

French Rout Biscuits.

Quick Method of making French Routs.

These and other biscuits may be laid upon baking sheets covered with a thin layer of clarified fat and flour instead of on cartridge paper. The tins used for this purpose must be perfectly clean, and fresh fat must be used; otherwise the biscuits would quickly spoil by the fat becoming rancid.

Dropping on Baking Sheets only.

Étoile Biscuits

Prepare a mixture of paste as described above, flavour with orange-flower water, and colour with liquid carmine. With bag and fine-cut star tube force out the paste in small star shapes upon papered baking sheets. Make a small hole in the centre of each biscuit, then dry on the outside, bake in a hot oven, and wash over with gum arabic. Fill each centre with pale-green fondant, flavoured with orange-flower water, and place a small silver dragée on top.

Étoile Biscuits.

Another kind of étoile biscuit is made as follows. Weigh down $1\frac{1}{4}$ lb.

TYPES OF FANCY DESSERT BISCUITS

1. Parisian Biscuits.
2. Orange Macaroons.
3. Amandines.
4. Dutch Macaroons.
5. Almond Batons.
6. Marzipan Dessert.
7. Pineapple Macaroons.
8. Chocolate Macaroons.
9. Soufflés Venétiennes.
10. Spanish Macaroons.
11. English Rout Biscuits.

TYPES OF FANCY DESSERT BISCUITS

of fresh butter, 14 oz. soft flour, 6 oz. sweet ground almonds, and 6 oz. of icing sugar. Flavour with vanilla, and mix these ingredients together as when preparing Viennese pastries (see p. 372). Then with bag and ½-in. star tube force out the paste in small star-shaped pieces, place half a preserved cherry on each, allow to lie in a cool place for two hours, and bake in a hot oven (about 400° F.). These biscuits do not require much baking, as the flavour of the butter is destroyed if they are in any way overbaked.

Another Variety.

Lorange Pistache

A very nice-eating and attractive biscuit is known as *lorange pistache* (see Plate, Fancy Biscuits, No. 2). This is prepared with two coloured pieces of almond paste made as follows. Make into a medium stiff paste for pinning out, 5½ oz. of ground almonds, 5½ oz. of fine-grained castor sugar, a little vanilla flavouring, and one large white of egg. Prepare another paste with 2 oz. of icing sugar and 2 oz. of ground almonds mixed with orange-flower water and slightly coloured green. Pin out the white paste to ⅛ in. thick and about 1½ in. wide, wash over with egg white, and on the centre lay the green paste, rolled out round under the hands the full length of the white paste, and as thick as an ordinary lead pencil. Draw over the sides of the white paste, and close together to cover up the green paste entirely. Slightly flatten with the hand, and bake between two small steel bars on a baking sheet in a moderate oven at 370° F. Long pieces of wood greased may be used instead of the steel bars. Remove the biscuits from between the bars, cover the top with thin water icing flavoured with orange zest, and sprinkle over them some finely chopped pistachio nuts. Where a large quantity of these biscuits are being prepared and extra strong orange-flower water is used, dilute this with ordinary water for making the green almond paste, but use no whites.

Lorange Pistache.

Baking between Bars of Iron or Wood.

Walnut Macaroons

For *walnut macaroons* weigh 1 lb. of sweet ground almonds and 1½ lb. of granulated sugar. Mix into a paste of ordinary macaroon consistency with whites; flavour with essence of walnut, and colour pink with liquid carmine. With bag and ½-in. plain tube force the paste out round upon wafer paper about 1 in. in diameter, lay a split walnut upon each, and bake at a steady temperature of 370° F.

Walnut Macaroons.

Boules Égyptiennes

Mix into a medium stiff paste 1 lb. 11 oz. of sweet ground almonds, 2 lb. 10 oz. of fine-grained castor sugar, and about 8 large whites. Flavour with essences of vanilla and raspberry. Divide the paste into two pieces, colour one with carmine, the other with vegetable green, and divide both into small pieces about the size of large cherries. Dust well with castor sugar, and roll each piece round between the hands.

Boules Égyptiennes.

Prepare some thin light royal icing without acid; drop the pieces of almond paste into this a few at a time; then transfer to a heap of fresh thin filleted almonds. Roll on the almonds until the paste is covered, and bake in a cold oven (350° F.) on greased and floured baking sheets. When baked, the almonds should be slightly tinted brown, and the almond paste covered with a sheen of glacé sugar. These biscuits, when carefully prepared, may be mixed with those classed as "high-class desserts". (See Plate, FANCY BISCUITS, No. 5.)

Masking with Filleted Almonds.

ROSAMOND DROPS

Rosamond drops are made from the same paste as the last. Roll the pieces on a slab dusted with castor sugar, in lengths a little more than ¼ in. thick. Cut into pieces about 1 in. long, mask with royal icing as described above, and roll upon some chopped shredded cocoa-nut. Bake in a slow oven on baking sheets covered with wafer paper.

Rosamond Drops.

FOURS FRAMBOISES

Fours framboises are made as follows. Weigh into a mixing-bowl 8 oz. of ground almonds, 8 oz. of castor sugar, 2 oz. of corn flour, and 4 oz. of stale cake crumbs. Mix all together with about six whites, flavour with essence of raspberry, and colour with carmine. Beat the paste well, and mix in lightly four whites whipped quite firm. Prepare some pieces of cartridge paper 8 in. square, lay these upon the board, and with bag and ½-in. plain tube lay out the paste in small drops. Cover with very fine chopped almonds, place upon the baking sheets, dust with icing sugar, and bake with the oven door partly open at a temperature of about 360° F. When cold, remove from the paper with a sharp knife, and sandwich together with warm royal icing flavoured with raspberry essence and coloured pink. The icing should be mixed without acid, and not made over-warm, or it will set too hard.

Fours Framboises.

NEMOURS BISCUITS

Pin out to ⅛ in. some sweet biscuit paste as used for cherry macaroons. With a plain oval cutter, 1¼ in. by ¾ in., cut out the number of pieces required, and lay them on a baking sheet splashed with water. Weigh 1¼ lb. of ground sweet almonds, 4 oz. of ground bitter almonds, 1¾ lb. of fine-grained castor sugar flavoured with noyau, and mix into a medium stiff paste with seven whites of egg. With forcing-bag and ¼-in. star tube pipe upon each piece of sweet paste a rope-shaped piece of almond mixture, by twisting the tube round about three times to cover the paste bottom entirely. Make an incision down the centre of each, allow to stand for some time, and when dry on the outside bake in a solid oven at 450° F. Wash with syrup or gum arabic, and fill in the groove with hot, red apricot jelly. The jelly gives a very nice finish to these biscuits, but must be boiled to the full thread degree before using, so that it may set firm.

Nemours Biscuits.

To make Jelly firm for Decoration.

Macarons Blancs

Weigh upon the board 1 lb. of sweet ground almonds, 1¼ lb. of fine-grained castor sugar, or half castor and half icing sugar, 2 oz. of fresh butter, and 2 oz. of corn flour. Make all into a stiff paste, with about five whites, and flavour with a little noyau. Mix the paste thoroughly to toughen, and divide into small pieces twice the size of cherries. Dust with castor sugar, and while shaping each piece round between the hands, press a small bright preserved cherry inside. Prepare a shallow pan partly filled with dry icing sugar, roll the pieces of almond paste in this to cover entirely with sugar, and transfer to slightly greased baking sheets. Bake in a cool oven (340° F.) with very little colour. These small almond goods are sometimes called *Spanish macaroons* (see Plate, Fancy Dessert Biscuits, No. 10).

Macarons Blancs.

Spanish Macaroons.

Almond Batons

Another small biscuit, known as *almond baton* (see Plate, Fancy Dessert Biscuits, No. 5), is made as follows. Mix together into a medium stiff paste with about eight whites, 1 lb. of icing sugar, 1 lb. of castor sugar, 1¼ lb. of sweet ground almonds, 12 oz. of finely chopped walnut and hazel nuts mixed, and 3 oz. of vanilla sugar. Work the paste thoroughly to ensure that all the ingredients are well mixed, and roll out in lengths, about ¼ in. in diameter. Cut into small pieces about 1¼ in. long, and roll on some thin filleted almonds. The paste should be of such consistency as to be easily rolled out, and soft enough for the almonds to adhere. Place on greased baking sheets or wafer paper, and allow to remain for four hours before baking in a solid oven at 450° F. Wash over with syrup or liquid gum to glaze them after baking. If the almonds do not stick readily to the paste, brush it over with white of egg and the difficulty is overcome.

Almond Batons.

Another kind of almond baton is made with a much lighter mixture as follows. Mix together upon a sheet of paper 10 oz. of sweet ground almonds, 10 oz. of castor sugar, 3 oz. of corn flour, and 2 oz. of vanilla sugar. Whisk quite firm sixteen whites, and with a spoon or spatula stir the dry ingredients in carefully. The success of this operation depends largely upon the careful manner in which the mixture is handled. Lay upon the board some pieces of cartridge paper, and with bag and ¼-in. plain tube pipe out the paste in 1¼-in. lengths. Cover with finely chopped almonds, place upon baking sheets, dust with icing sugar, and bake in an oven about 360° F. After baking remove from the paper, and sandwich together with apple jelly, rich chocolate fondant, or butter cream.

Almond Batons, No. 2.

Almond Drops

Almond drops (see Plate, Fancy Biscuits, No. 4) are another very nice kind of biscuit made with the same mixture. Lay out the biscuits,

about 1 in. in diameter, on cartridge paper, cover with chopped almonds, dust with icing sugar, and bake in a cool oven (about 360° F.). Remove these from the paper when quite cold, sandwich together with red currant or red apricot jelly, and dust with icing sugar. It is absolutely necessary to bake these very light articles in a cool oven. If the oven is too hot, they quickly take colour before they are baked through, and sink in when taken out. The chopped almonds must be sifted through a coarse sieve to have the pieces of as nearly equal size as possible. A fine sieve should be used to remove the almond powder from the chopped pieces. Extra powder or very fine pieces of almond are sure to be found amongst very dry almonds after these have been chopped.

Almond Drops.

Why Baked in a Cold Oven.

Sizing and Clearing Almonds from Dust.

English Rout Biscuits

English rout biscuits (see Plate, Fancy Dessert Biscuits, No. 11) are made in various shapes, and decorated with royal icing, chopped pistachio nuts, silver dragées, and coloured nonpareils. Prepare the paste by mixing together with yolks into a stiff dough: 1 lb. of ground almonds, 1 lb. of very fine castor sugar, and 2 oz. of vanilla sugar. Cut part of the paste into small pieces, roll these on the board dusted with castor sugar, so as to make them about 3 in. long, and a little thinner than an ordinary lead pencil. Fold into fancy shapes as shown on the plate, and lay on baking sheets covered with cartridge paper. With this paste small birds' nests, &c., may be made up, and a moss-like appearance can be obtained in other cases by taking a number of small round pieces, and, with the back of an iron spoon, forcing these through the mesh of a wire sieve turned upside down. The sieve is then turned over, and with a knife the small clusters of paste shreds are removed and placed on papered trays. Small crown shapes are prepared by pinning the paste out to $\frac{1}{8}$ in. thick, and cutting from this, with a filbert-cutter (fig. 66), small pieces about 2 in. long and $\frac{3}{4}$ in. wide. Fold round in a circle, and stick the ends together with egg; then lay on papered baking sheets with the points upright. Many other shapes may be made with this paste, but to ensure neatness and daintiness they should all be kept small. Allow to lie until the next day, and bake in a hot oven (490° F.). Glaze with liquid gum arabic, and decorate with royal icing and pieces of cherries, angelica, &c.

English Rout Biscuits.

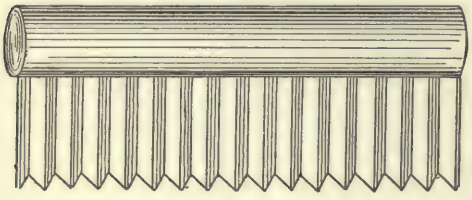


Fig. 66.—Filbert-cutter

Filbert Biscuits

Filbert biscuits may be made with the same paste as is used for the routs. Pin this to $\frac{1}{8}$ in. thick, and cut with a filbert-cutter (fig. 67) into

small pieces about $\frac{1}{2}$ in. wide and $\frac{3}{4}$ in. in length. Fold over each small piece of paste, and insert a thin piece of filleted almond down between the points. Fasten four pieces together with a little yolk of egg to make the filbert (as shown on Plate of FANCY DESSERT BISCUITS, Nos. 8 and 10), and lay upon a greased or papered baking sheet. Leave until the next day, and bake in an oven about 400° F. Glaze with gum, and around the centre, where the pieces of paste have been joined together, fix some finely chopped pistachio nuts. To ensure a neat shape for these biscuits, extra care should be taken to join the several pieces together carefully.

Filbert Biscuits.

Finishing Filberts.

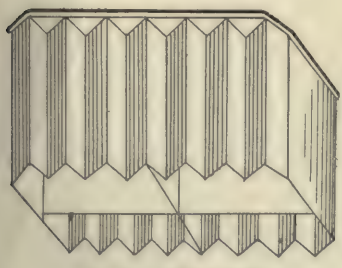


Fig. 67.—Filbert-cutter

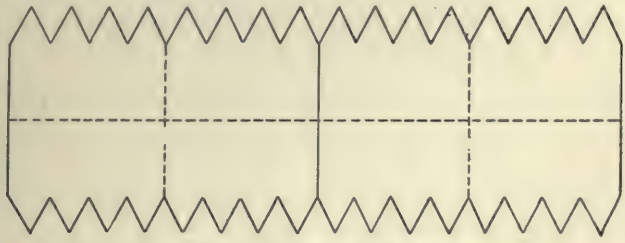


Fig. 68.—Paste cut for Filberts

Mixed with other biscuits, or dished separately, they make an attractive sample of confectionery.

ALMOND ROUTS

Another kind of biscuit, cut out with small variously-shaped cutters, and known as *almond routs* (see Plate, FANCY BISCUITS, No. 6), is prepared as follows. Weigh down 1 lb. of ground almonds, 1 lb. of stale cake crumbs, 1 lb. of fine-grained castor sugar, and 2 oz. vanilla sugar. Mix into a paste for pinning out, with part yolks and part whole eggs. Pin out to $\frac{1}{4}$ in. thick, cut out with small fancy cutters, and place on slightly greased baking sheets. Allow to lie overnight. Then wash twice with egg, and bake in a hot oven (about 400° F.). Decorate these with preserved cherries, angelica, various coloured fondants, and royal icing. The paste should be made just tight enough for easy working, and not too firm, lest it should crack while baking.

Almond Routs.

RASPBERRY BISCUITS

Another biscuit made with part cake crumbs is known as *raspberry biscuit*. This may be cut small to retail by the pound, or prepared to sell in cakes at one penny each. Mix into a medium stiff paste 1 lb. of stale sponge-cake crumbs, 1 lb. of castor sugar, $\frac{1}{2}$ lb. of ground almonds, a few drops of essence of raspberry, a little carmine to colour, with

Raspberry Biscuits.

part yolks and part whole eggs. Pin out the paste to $\frac{1}{8}$ in. thick, draw a damp splash brush over it, and cover the top with wafer paper. Turn the paste over upon a baking sheet, and spread it on a layer of bright-coloured raspberry jam. Pin out the remainder of the paste, lay this upon the jam, and leave until the next day. Prepare some icing made with icing sugar and whole eggs, and with a palette knife spread a layer of this on the raspberry paste. Cut the paste into small shapes as required with a clean knife dipped occasionally in hot water, and bake in a moderate oven (about 360° F.).

Egg Icing.

Dutch Macaroons

Dutch macaroons (*Macarons hollandais*; see Plate, Fancy Dessert Biscuits, No. 4) are small, walnut-shaped, and very light biscuits. Made in various colours and mixed together, they have a very fine appearance. Where possible the mortar and pestle should be used for mixing the various ingredients. They do not require a great deal of beating, but must be thoroughly mixed to make the paste quite smooth with plenty of body. There should be a sheen upon the surface, and they require careful baking to obtain perfect shapes. Baking in too hot an oven will cause the biscuits to blow in the centre; too much beating will have the same effect. As the mixture here given for these biscuits contains about three times as much sugar as almonds, overbeating would cause them to become more like soufflés than macaroons. Prepare the paste as follows, and, where no mortar is available, mix all together upon the marble slab. Weigh down $1\frac{1}{4}$ lb. of ground almonds, $2\frac{3}{4}$ lb. of icing sugar, and 4 oz. of vanilla sugar. Mix the dry ingredients together, gradually adding fifteen whites to make all into a paste. Mix very thoroughly; then with a bag and $\frac{1}{4}$-in. plain tube lay out in small oval shapes, 1 in. long, on papered baking sheets. The paste should be of such consistency as to flow readily on the paper a few seconds after laying out, without showing an uneven surface. On the other hand, the paste must be stiff enough to retain the oval shape. Allow to remain overnight, to dry partly, and with the point of a very thin knife cut each biscuit lengthways along the centre. Bake at once at a moderate temperature (about 350° F.). When baked, transfer the papers to a wet board; remove the biscuits, and sandwich together. After soaking the paper there should be enough moisture on the biscuits to cause them to adhere together readily. Where any difficulty is found in this matter, sandwich them together with hot apricot jelly. These biscuits may be prepared at a few hours' notice by warming the paste over a pan of water. When this is laid out, place the trays into the drying oven until the paste partly dries. Transfer to a cool place, and when cold, cut and bake as already described. Working by this method, the paste will require less white of egg, as the sugar by being warmed partly dissolves, and the mixture should not be heated above 90° F. Various flavours other than vanilla may be added to the paste. A nice

Dutch Macaroons.

To prevent Blowing in Dutch Macaroons.

Quick Method for Dutch Macaroons.

FANCY BISCUITS

1. Patience.
2. Lorange Pistache.
3. Carrés Café.
4. Almond Drops.
5. Boules Égyptiennes.
6. Almond Routs.
7. Biscuits Marquises.
8. Cocoanut Dessert.
9. Viennese Batons.
10. Negro Biscuits.
11. Almond Acorns.
12. Vanilla Boats.

FANCY BISCUITS

assortment may be made by dividing the paste into four parts, and flavouring one with coffee essence, another with vanilla, a third with chocolate, and the fourth with essence of strawberry. Each flavour should have a different-coloured paste.

Dora Fancies

To prepare *Dora fancies*, pin out a thin piece of marzipan paste, flavoured with maraschino, to $\frac{1}{8}$ in. thick. Lay this upon wafer paper, cover with hot, red apricot jelly flavoured with maraschino, and cover with another piece of marzipan paste of the same thickness. Brush over the top with syrup and maraschino mixed together, and cover with finely chopped roasted almonds and pistachio nuts. Put in a cool place for twenty-four hours, and cut into small fancy shapes. Flavoured well with maraschino, these attractive small cakes sell well, the jelly showing a bold contrast to the white paste.

Dora Fancies.

Anglo-Swiss Biscuits

With part meringue and part almond paste, some very choice biscuits of the Anglo-Swiss variety may be prepared. These are very fragile, and in consequence require careful handling. Beat eight large whites quite firm. Whites that have been separated for some eight or ten hours, and allowed to stand in a cool place, are most satisfactory for this purpose. Whisk in 4 oz. of fine-grained castor sugar to toughen; then remove the whisk, and carefully mix in with a spoon or spatula 4 oz. of ground rice and 10 oz. of castor sugar mixed together. With a forcing-bag and $\frac{1}{4}$-in. plain tube lay out the meringue in small oval rings, $1\frac{1}{2}$ in. in length and $\frac{3}{4}$ in. wide, upon specially greased and floured baking sheets. When all are laid out, cover with fine desiccated cocoanut; then turn the tins upside down to remove the cocoanut which is not adhering to the meringue. With another bag and small tube fill the centres in with almond cream made by mixing together 4 oz. of butter, 4 oz. of sugar, 4 oz. ground almonds, 2 large eggs, and a few drops of vanilla essence. Bake in a moderate oven (about 340° F.) to a light golden colour. Cover the centre with hot apricot jelly, or pink fondant and finely chopped pistachio nuts.

Anglo-Swiss Biscuits.

Zanzibar Biscuits

Another very light biscuit prepared with whipped whites is named from Zanzibar. These are made in various colours, according to the flavour used. Whisk twelve whites quite firm, and, while so doing, gradually add 4 oz. of fine castor sugar. Remove the whisk and stir in lightly 1 lb. of castor sugar, 6 oz. of corn flour, and the finely chopped zest of three oranges. Prepare the baking sheets with grease and flour, and with $\frac{1}{2}$-in. plain tube lay out in small drops about 1 in. in diameter. Dust over well with icing sugar through a muslin bag, and bake in a steady oven at about 360° F. Remove when cold and leave plain, or sandwich them together with a thin layer of warmed royal icing flavoured with orange-flower water.

Zanzibar Biscuits.

Soufflés

Many kinds of soufflés, made in various flavours and baked in small paper cases, are quickly and easily prepared. The formula for *orange soufflés* will answer for other varieties, only the flavour and the style of decoration being changed. Weigh into a mixing-bowl 4 oz. of ground almonds, 6 oz. of icing sugar, and 1 oz. of corn flour, and mix all into a paste with five yolks and a little orange-flower water. With a spatula cream these ingredients together, and lightly stir in four whipped whites. Fill the small cases with this mixture, dust with icing sugar, lay upon each a thin piece of orange peel cut round with ¼-in. plain cutter, and bake in a cool oven (about 340° F.). This formula may be changed if required, and the soufflés made without the yolks as follows. Mix the dry ingredients together, and add these to five or six whites beaten quite firm and light.

Soufflés.

Soufflés with Whites only.

Instead of using paper cases for the soufflés, these may be baked in very small moulds 1 or 1¼ in. in diameter, previously lined with thin short paste No. 1 or 5. The confectioner will find these small moulds, of which a large variety are to be obtained, exceedingly useful for biscuits and other confections which he may be called upon to prepare. To line the moulds with paste, place these side by side on the board; spread on top a thin sheet of paste, and press this into the pans with a firm piece of dough. The moulds have clean-cut edges, and by passing the rolling-pin over them they cut through the paste and are quickly separated (see Plate, Fancy Dessert Biscuits, No. 9).

Carrés Café Biscuits

Carrés café (see Plate, Fancy Biscuits, No. 3) are made in some of these moulds, which should be 1 in. square and a little less than ½ in. deep. Line with short paste No. 5, and fill with a coffee-flavoured mixture as used for almond drops, using a bag and ½-in. tube. Lay upon the centres some thin shredded almonds, dust with icing sugar, and bake in an oven about 360° F.

Carrés Café Biscuits.

Viennese Batons

Another kind of small biscuits, called *Viennese batons* (see Plate, Fancy Biscuits, No. 9), is made in small shallow boat-shaped moulds 2 in. long. Line with short paste No. 5, and fill with a light mixture prepared as follows. Beat eight whites firm, whisk in four yolks, and stir in with a spatula 5 oz. roasted ground almonds, 7 oz. sugar, 1 oz. flour, and a few drops pineapple essence. Bake in a steady oven at 360° F., and, when cold, cover with a thin coating of water icing, and sprinkle on some finely chopped pistachio mixed with chocolate nonpareils.

Viennese Batons.

Vanilla Boats.

Vanilla boats may be prepared in the same manner by changing the flavour (see Plate, Fancy Biscuits, No. 12).

Marquises

Place into a mixing-bowl ½ lb. sweet ground roasted almonds, 7 oz. castor sugar, 1½ oz. flour, 1 oz. vanilla sugar. Add sufficient whites to mix into a consistency as for macaroons, mix well without beating light, and stir in five firmly whipped whites. Pipe on papered baking sheets in small drops, and bake in a moderate oven at about 360° F. Transfer these biscuits from the paper, and sandwich together with fresh butter cream strongly flavoured with crushed pralinée (see p. 396). Mask with a thin coating of hot apricot jelly or liquid gum, and cover entirely with small shredded roasted cocoanut and pistachio. To keep these biscuits of a nice shape, the mixture should be handled lightly as soon as the whipped whites are mixed in. (See Plate, Fancy Biscuits, No. 7.)

Marquises.

Negro Biscuits

Another biscuit very similar to the above is called *negro* (see Plate, Fancy Biscuits, No. 10). For these prepare a very light mixture, as for marquises, flavoured with 2 oz. powdered cocoa, and coloured with a little caramel colouring. Cocoa, being of an oily nature, has a tendency to make the mixture soft, and it therefore requires careful handling, as the biscuits should have a bold appearance. When these run out flat during the baking, it is better to break them up and use the crumbs for other purposes. Sandwich the biscuits together with fairly stiff warm fondant, highly flavoured with melted unsweetened cocoa flavoured with vanilla. Mask with hot jelly or gum, and cover with granulated chocolate and pistachio. The pistachio or green cocoanut should be placed on top of the chocolate; very little is required to brighten up the biscuits. A good method to follow in finishing these biscuits quickly is to mix them in small quantities with the jelly or gum in an ordinary mixing-bowl. Turn them about with the hand until coated sufficiently, and then roll them upon the chocolate.

Negro Biscuits.

Granulated Chocolate.

At this stage it is advisable to give the recipe for granulated chocolate, which has been referred to in some of the notes. For this purpose chocolate dough is required. This may be obtained by warming cakes of chocolate, or, better still, by preparing the dough with unsweetened cocoa, icing sugar, and cocoa butter. To prepare the dough, warm over the *bain-marie* 8 oz. unsweetened block cocoa and 3 oz. cocoa butter to a temperature not exceeding 90° F., and stir in sufficient warm icing sugar to make a chocolate dough firmer than for medallions. Knead thoroughly with the hand, and store away in a warm cupboard for twelve hours. To granulate or shred the chocolate dough, pass it through a wire sieve as used for sifting flour. Turn the sieve upside down on the slab, and press small pieces of the dough through the wires of the sieve until all has passed through. To each small piece of dough, before using, work in a few drops of stock syrup with the fingers.

To prepare Granulated Chocolate.

This will cause the chocolate to become firmer. It should at once be passed through the sieve. Without the syrup the dough would be too soft for the purpose required; on the other hand, if this is permitted to cool more than is necessary, it will pass through in a powder. Chocolate prepared in this manner is very useful for decorating various small fancies and gâteaux. With a fine sieve remove any chocolate dust the mixture may contain, and store in an air-tight canister in a cool place.

Cocoanut Dessert Biscuits

To make small *cocoanut dessert biscuits* (see Plate, Fancy Biscuits, No. 8), weigh into a mixing-bowl 1 lb. castor sugar; mix in eight whites, and heat to a temperature of 90° F. in the *bain-marie*. While warming these ingredients, keep stirring with a wooden spoon or spatula. Mix in enough fine desiccated cocoanut to make a stiff dough, and lay out in small pieces upon greased baking sheets covered with flour. Shape with the fingers into the form of a pyramid about $1\frac{1}{4}$ in. high. Allow to lie in the rack until the next day; then bake for a few minutes in a hot oven (about 450° F.). These should remain in the oven until the points are tinted a dark brown.

Cocoanut Dessert Biscuits.

Chocolate Almond Batons

Another very nice biscuit, named *chocolate almond batons*, is made in small boat-shaped moulds lined with No. 5 short paste. Weigh into a mixing-pan 8 oz. thin shredded almonds, 10 oz. castor sugar, 1 oz. vanilla sugar, and 2 oz. cocoa powder. Mix these ingredients together with enough egg whites to form a soft paste, and fill each paste-lined mould. Dust with icing sugar, bake in a moderate oven (about 360° F.), and dust over with icing sugar and cocoa mixed, using a fine dredger or hair sieve.

Chocolate Almond Batons.

Vanilla Patience Biscuits

For *vanilla Patience biscuits* (see Plate, Fancy Biscuits, No. 1) weigh into a mixing-bowl $1\frac{1}{4}$ lb. icing sugar; add ten whites, and with a wooden spoon or spatula beat the whole well to make the mixture fairly light. Stir in 12 oz. Hungarian flour and 2 oz. vanilla sugar. With a bag and a $\frac{1}{4}$-in. plain tube lay the mixture in drops or fingers on prepared baking sheets. Allow to remain until next day, then bake in an oven at about 360° F. A very smooth surface should be on the bottom as well as on the tops of these biscuits. The former is obtained by baking them upon baking sheets covered with beeswax. Clarified fat and flour may be used, but the wax is better if it is of good quality. To wax the trays, make them hot in the oven, rub on the wax, and smooth over with thin paper. With the above recipe many sorts of biscuits may be prepared by changing the flavour and colour.

Vanilla Patience Biscuits.

Waxing Baking Sheets.

Battenberg Drops

For *Battenberg drops* prepare a mixture as for almond drops, flavour with noyau, and lay out upon papered trays in small drops. Place a small round cherry on the centre of each; then cover with granulated sugar and bake in an oven about 370° F. Transfer from the paper and sandwich together with warm pink fondant flavoured with noyau, or with hot apricot jelly, into which has been mixed some finely chopped preserved pineapple. **Battenberg Drops.**

Several of the recipes given for small biscuits will answer admirably for penny goods, if the pieces are made larger.

Langues de Chat

In France a very popular biscuit is the *Langue de Chat* (*cat's tongue*). The best quality is made with cream and flavoured with vanilla sugar. Those of inferior quality are made by using fresh butter in place of the cream. These biscuits quickly soften when exposed to the air, and to prevent this they should be stored in air-tight tins. The first recipe for these biscuits is as follows. Weigh into a pan 2 lb. fine castor sugar, 2 lb. Hungarian flour, and 2 oz. vanilla sugar. Mix into a medium stiff paste with 1 pt. of cream and about ½ pt. fresh milk. The paste should be of such consistency as will mix readily with whipped whites. Beat up firm eighteen large egg whites, and with a spatula mix these with the paste. With forcing-bag and ¼-in. plain tube lay the paste upon waxed baking sheets about 3 in. long. Bake in a moderate oven (about 380° F.), and remove the biscuits with a broad palette knife as soon as the borders are slightly tinted. Have the biscuits a uniform colour, and draw the baking sheets occasionally to the mouth of the oven to ensure this. At the same time, as these biscuits are required thin, the ends should be nicely rounded. Baking in too hot an oven will cause these to spread more than is required. **Langues de Chat.**

No. 2 recipe is as follows. Weigh into a mixing-bowl 1 lb. fresh butter and 1 lb. very fine castor sugar. Cream these together, and, a little at a time, mix in ½ pt. whites. Flavour with 2 oz. vanilla sugar or a few drops of essence, and mix in without overworking 1 lb. 2 oz. Hungarian flour. Finish off as directed for recipe No. 1. **Langues de Chat, No. 2.**

Vanilla Cream Drops

Vanilla cream drops may be made from either of the preceding two recipes. These are laid out round, about 1 in. in diameter. They are generally served with ices, are very light, and eat rich. **Vanilla Cream Drops.**

Copeaux

Another variety of biscuits served occasionally with ices is known as *copeaux*, or *shavings*. They are baked upon waxed or greased baking sheets in a solid oven at about 450° F. A caramel roller, as shown in

the illustration (fig. 69), is used for rolling over the biscuits to mark them, and while hot these are twisted around a lead pencil or a piece of round wood about ¼ in. in diameter. The best of these biscuits are made with ground almonds, and to obtain a smooth soft paste, with plenty of body, the dough should be prepared with mortar and pestle. Prepare the copeaux as follows. Weigh down 8 oz. ground almonds and 8 oz. fine castor sugar; flavour with orange-flower water,

Copeaux.

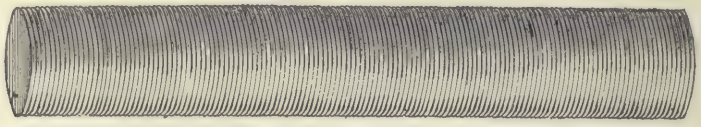


Fig. 69.—Caramel Roller

and mix all into a soft paste with about three large whites of egg. With bag and plain ¼-in. tube lay half of the paste out in long bands about 5 in. in length. Using the same bag and tube, pipe the remainder of the paste in double lines, joining at the ends, and 1¼ in. wide. Bake in a solid oven at 450° F. to colour the border of the biscuits, pass the caramel roller over them, and quickly shape the biscuits while hot. This shaping is done by holding the piece of stick in the left hand, folding the biscuit over the stick with the right hand, and then pressing tight and quickly removing, ready for curling the remainder. Some little practice is necessary before one can become expert in curling these biscuits quickly, owing to their being hot and quickly hardening.

Twisting Shavings.

The second recipe gives a cheaper biscuit, and one which does not dry so quickly. Weigh down 8 oz. castor sugar, 8 oz. Hungarian flour, 2 oz. vanilla sugar, and 4 oz. ground almonds. Mix all together by adding gradually two eggs, one tablespoonful of cream, and a little milk. Have the paste soft to flow freely. Lay out with a very small tube, and bake quickly. The shavings may also be made with the second recipe given for langue de chat, if they are not dried in a cold oven, in which case they would be set too hard to curl.

Cheaper Copeaux.

Tuiles

Another very fine Continental biscuit is that known as *tuiles*. These may be made small to sell by weight or at so much each. Proceed as follows. Mix together in a mixing-bowl 9 oz. castor sugar, 4 oz. flour, 10 oz. thin filleted almonds, one egg, three whites, and a few drops essence of vanilla. Prepare a baking sheet carefully buttered and floured; place the mixture on in small heaps, 3 in. apart; level over with the back of a fork; dust with icing sugar, and bake at a moderate temperature (about 370° F.). Bake to a golden colour, and remove while hot with a broad palette knife. Curl the biscuits over a rolling-pin.

Tuiles.

ALMOND MILL FOR HAND

ALMOND MILL FOR POWER

ALMOND-GRINDING MILLS

CHAPTER LXXVII

MARZIPAN AND ITS USES

The word *marzipan* or *marchpane* is derived from Latin roots, and probably meant originally *bread of Mars*. Marzipan is not an invention of late years. Legend says that it originated at the time of the Thirty Years' War. Lübeck, a free town in Germany, was besieged, and when all the food in the town had been used, except a quantity of almonds and sugar, these were powdered and made into bread for the feeding of the population.

Origin and History of Marzipan.

Some confectioners endeavour to make marzipan with ground almonds, but only with very disappointing results. It is impossible to make a good marzipan with almonds ground alone in the form of meal. If large quantities are wanted, it is advisable to go to the expense of having a plant of machinery put up, say an almond-blanching machine (see Plate), an almond-grinding machine with granite rollers (see Plate), and a steam boiler for boiling the mixture. When using the machine for grinding the almonds, it is advisable to chop them before rolling; and if a fine marzipan paste is required, it is essential to have the almonds passed through the rollers several times, setting the rollers closer each time. Not everybody, however, can afford the space for or expense of putting in machinery. Ready-made marzipan paste can be bought from wholesale houses, or can be made in a small way by using a marble mortar with a boxwood pestle, a shallow mixing-bowl, and a spatula.

Machinery or Utensils Necessary.

Take 4¼ lb. of almonds of good quality, pick out all the broken bits of hard shell, rub them on a sack or cloth and sift off all the dust, put them into the bowl, and pour boiling water over till covered. Stir round and cover over with a sack or cloth for about ten minutes, strain off the hot water, and pour cold water over. Then begin to blanch the almonds in the usual way; and as soon as they are blanched put them back into fresh cold water, and wash several times. This method of handling the almonds is necessary if a white and clean-looking marzipan paste is required. Keep the blanched almonds in cold water for at least twelve hours before proceeding to mash. Take out as many at a time as the mortar holds, leaving sufficient room to pound them to a fine pulp. No sugar must be added in the pounding process, or the paste will not become fine and smooth enough. Neither is an addition of water or white of eggs required, as the almonds have soaked in just as much water as is required for the pounding and for preventing them from becoming oily during the process, which of course would make them useless for the purpose. Care has to be taken that the almonds are properly mashed or pounded to a fine pulp. By rubbing a little of the mixture between the thumb and finger, it can be

Preparing the Almonds.

Pounding Almonds.

seen whether there are still little bits of almonds in it, in which case the pounding must be continued. If quite fine and smooth, however, scrape the almond pulp into the mixing-bowl, take the next lot of almonds out of the water, and pound as before.

After all the 4¼ lb. of almonds are turned into a fine pulp, weigh and add 3 lb. of pulverized or icing sugar; mix it, and bring the bowl with its contents on to a slow fire on the stove. To prevent the mixture from burning to the bottom, stir it with a spatula until it comes to the boil and reaches the proper consistency. The paste is ready when the mixture does not cling to the bowl. Another way to try it is as follows. Dip the finger into the mixture; if it does not cling or stick to the finger, the mixture is ready; but if it does cling, the proper consistency has not arrived, and the mixture requires a further stirring over the fire until sufficiently dry. Then take the bowl from the fire, swing it several times to form a ball, and turn it out on a clean and sugar-dusted slab. When cold, put away in a vessel, preferably air-tight, and keep in a cool, dry place for further use. When preparing for use, sugar or flavour can be added as desired.

Boiling the Marzipan.

Sign of Readiness.

Keeping Marzipan.

Uses of Marzipan

Properly made marzipan should be as smooth and plastic as potters' clay. Marzipan has a very wide field of usefulness. On account of its good flavour and texture, it is employed with advantage in cake and biscuit mixtures. For *cakes*, use 2 to 3 oz. slightly bitter marzipan to 1 lb. mixing, softened with 2 eggs added to the mixture when they are well beaten up. For *biscuits* of the macaroon class (see Plate, Fancy Dessert Biscuits), take 1½ lb. marzipan, 1½ lb. sugar, 2 oz. ground rice, and about 6 whites of eggs. Add the whites gradually to the marzipan, and soften until properly smooth; then add the sugar, and lastly the ground rice. Lay out on wafer paper, and bake in a cool oven.

Marzipan in Cakes.

Marzipan Macaroons.

Rout biscuits may be made with yolks. Take 1 lb. marzipan, ½ lb. sugar, and 3 to 4 yolks of eggs. Mix well till smooth; then roll out and shape with a cutter and the hand. Dry, bake, and decorate. Rout biscuits may also be made with whites, thus. Use 1 lb. marzipan, add ¾ lb. sugar, and about 3 to 4 whites of eggs. Put this mixture in a savoy bag with a star tube, and pipe various shapes; then dry, bake, and decorate. (See Plates, Fancy Biscuits, and Fancy Dessert Biscuits.)

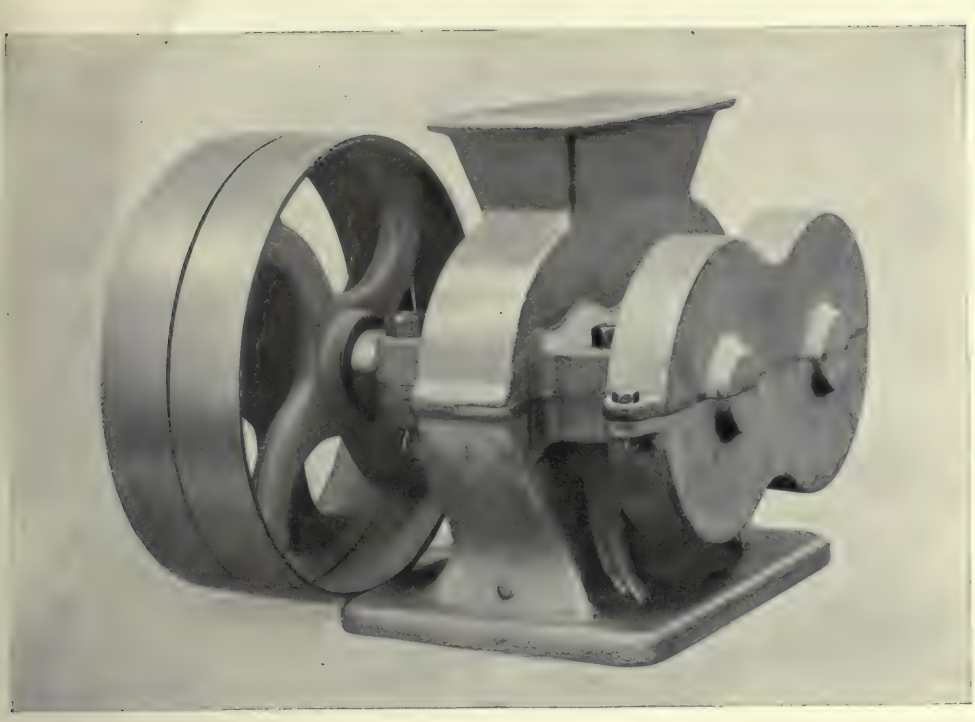
Marzipan Heavy Rout Biscuits.

Marzipan Light Rout Biscuits.

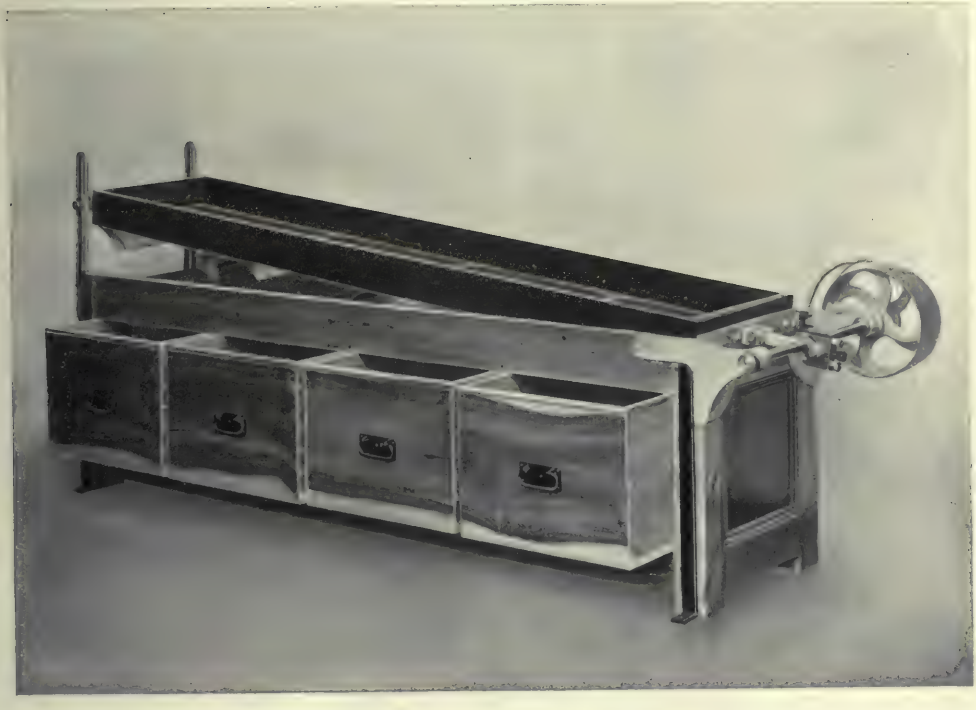
The following is a recipe for *marzipan ice custard.* Take ¾ lb. marzipan, and soften with 12 yolks in a basin. Place 1 qt. milk—cream, or half milk and half cream—with 4 oz. sugar and 1 to 2 vanilla beans on the fire to boil. When it is boiling, add the marzipan and yolk mixture, and stir constantly till it becomes thick; but take care not to boil or burn the mixture. When cold, freeze in the usual way.

Marzipan Ice Custard.

For *blancmanges*, take ¾ lb. marzipan and soften with milk, taken



ALMOND-FILLETING MACHINE



ALMOND SIFTING AND SEPARATING MACHINE

from the quart of milk (cream, or half milk and half cream), which is the total quantity required. Then add 3 oz. sugar, 1 or 2 vanilla beans, and the remainder of the milk. Bring this to the boil; then take it from the fire and add 1½ oz. dissolved gelatine, and strain through a sieve into a mould. Put in a cold place or on ice to set. The cream may also be flavoured with 1½ oz. melted cocoa, which is done by putting the cocoa in a warm place and melting it before it is stirred in. The cocoa and vanilla may be left out, and a drop of otto of roses and colour added until it becomes slightly red.

Marzipan Blancmange.

For *ice wafers*, take 3 oz. marzipan, 6 oz. sugar, and 8 whites of eggs slightly whipped. Smooth the marzipan with the whites to a soft mixture; then add 1½ oz. flour, and stir all well together. Spread with a palette knife very thin, like a sheet of paper, on a waxed or greased and flour-dusted tin. Bake in a very hot oven. When baked, cut in pieces of 2½ by 1½ in., and lay lengthways while hot on a rolling-pin to shape the wafers half round. This has to be done quickly, as the baked paste gets hard and crisp when cold, and will not bend. They can, however, be made pliable again by putting them back in the oven for about two minutes. These wafers must be kept dry. They are served with ices.

Marzipan Ice Wafers.

For *Congress tartlets*, take 1 lb. marzipan, 2 lb. sugar, 2 oz. ground rice, and 11 or 12 eggs according to size. Work the whites gradually into the marzipan till it is quite smooth and soft without being lumpy. Line some patty pans with puff paste, and place a little raspberry jam in each; then fill with the marzipan paste prepared as described. Bake in a cool oven.

Marzipan Congress Tartlets.

For *frangipane or cheese cakes*, take 1½ lb. marzipan, ½ lb. sugar, ½ lb. butter, and about 9 eggs. Soften the marzipan with the eggs; then beat up the sugar with the butter, and mix all together. Flavour with essence of vanilla. This is filled into pastry tartlets either before or after baking.

Marzipan Cheese Cakes.

For *sandwiching* purposes soften ½ lb. marzipan with 2 whites of eggs; add butter cream, and flavour at discretion.

Marzipan and Butter Cream Centres in Fancy Pastry.

For *covering gâteaux and fancies*, to 1 lb. marzipan take ½ lb. icing sugar. Colour and flavour are optional.

For Gâteaux.

For *covering wedding cakes*, to 1 lb. marzipan add 6 to 8 yolks, ¼ lb. ground almonds, and 1 lb. pulverized or castor sugar.

For Wedding Cakes.

Marzipan coloured and flavoured, rolled out, and cut in designs and shaped makes nice varieties of *sweetmeats*. All marzipan sweetmeats should be crystallized to keep them in good condition and flavour, and the crystallizing improves and brightens the appearance very much.

Marzipan Sweetmeats and Chocolates.

For *marzipan cakes* roll out, say, 1 lb. of marzipan ¼ in. thick, cut with a 6-in. round or heart-shaped cutter, lay a strip of pink-coloured marzipan

around the edge, and notch with a pair of pincers. Lay another strip of uncoloured marzipan around, then wash the whole over with thin white of egg, and place for a short time (one or two minutes) in a very hot oven to give the notched edge a slightly brown bloom. Wash over with dissolved gum arabic, and decorate the centre with marzipan fruit, flowers, a moulded figure, or with a filling of flavoured cream or custard.

Marzipan Cakes.

Marzipan fancies are made by rolling out small bits of marzipan into lengths of, say, 3 in., shaped in rings, twists, crescents, &c. Dry these, and place for a minute in a hot oven to give them bloom; then wash over with dissolved gum arabic, and decorate with royal icing piping.

Marzipan Fancies.

For *marzipan flowers* (see Plate, MARZIPAN FLOWERS) take a small quantity of marzipan and work into it a little icing sugar, say to the amount of one-half the marzipan. For white flowers no colouring is required, but for a variety of coloured flowers add suitable colourings to the marzipan. The working or making of the flowers is done as follows. Roll out a small quantity of marzipan thin, and cut out the leaves with a leaf-cutter. Place one leaf in the left hand, and with the modelling tool press a sharp edge to the leaf. Bend the sharp edge in two or three places outward, and press it on a bit of marzipan (as big as a filbert nut). This forms the centre of a rose. Take another of the cut-out leaves, and do likewise, until enough leaves are got around to give the appearance of a rose. Other flowers are made in the same way. Leaves and stalks should be made from marzipan instead of from the canvas so often used. Some flowers require to be painted after being made; for instance, the dark-red rose, which is painted with a brush and dry carmine. The shading of the centre on a pansy also requires the painting brush. Of course only vegetable colours should be used.

Moulding Flowers.

Modelling Leaves.

Building up Roses.

Painting Roses.

Fruit and vegetables are shaped by the hands by rolling a piece of marzipan between the palms of the hands to give it the form of the object to be imitated; then with the help of the modelling tool the desired appearance is obtained. Strawberries, walnuts, or the like are best made with moulds. The colouring and glazing are done, when the paste is dry, by painting on the desired shade with a brush. For glazing the fruit do not use varnish, but a thin solution of gum arabic does not spoil the taste of the marzipan. Gum arabic can be dissolved for all glazing purposes in cold water. (See Plate, MOULDED MARZIPAN FRUITS.)

Modelling Fruits and Vegetables.

Glazing Fruits, &c.

Dissolving Gum Arabic.

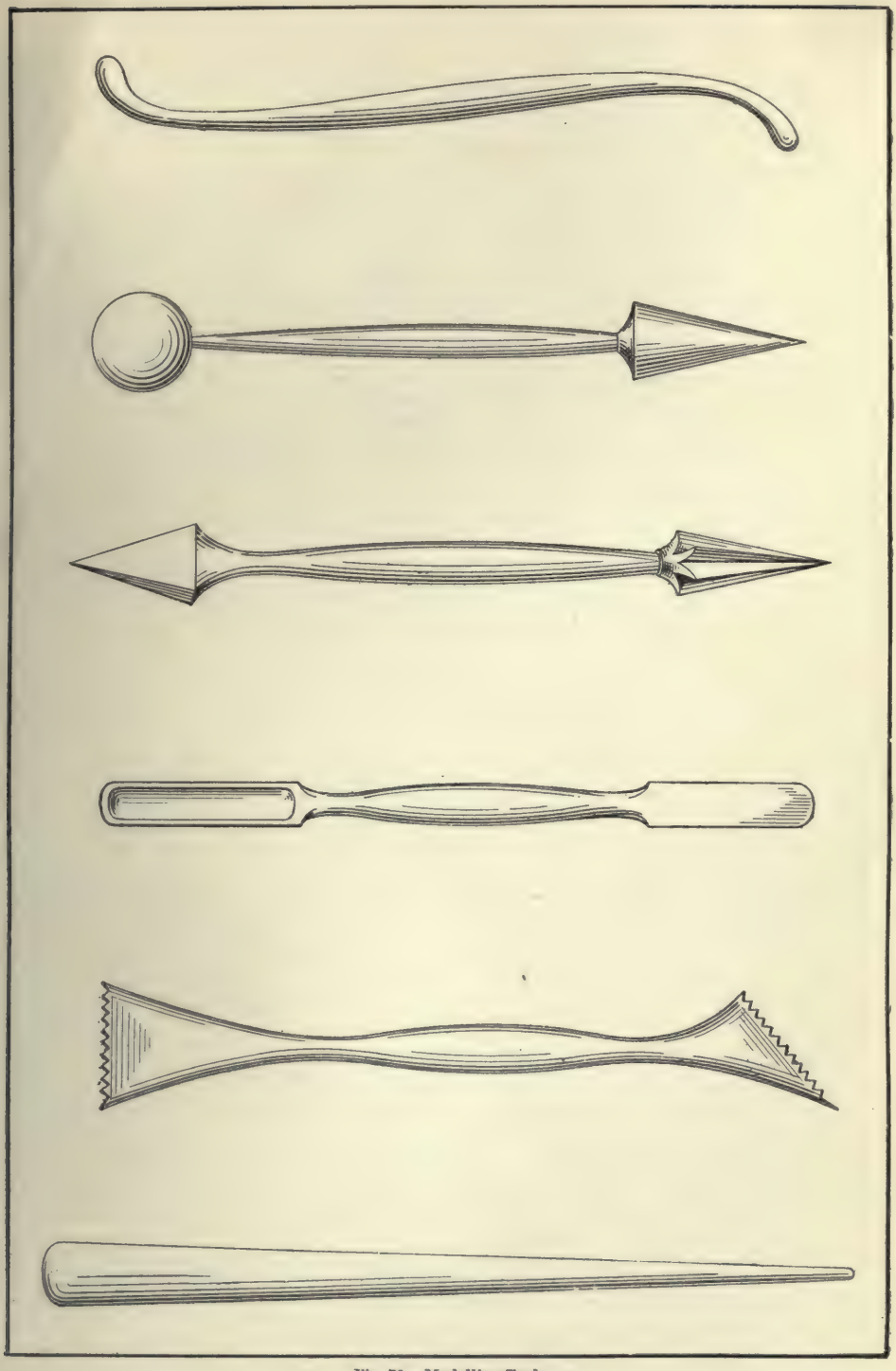


Fig. 70.—Modelling Tools

CHAPTER LXXVIII

FRUIT TARTS

Closed Fruit Tarts

When such fruits as gooseberries, raspberries, red currants, plums, and apples are in season, closed fruit tarts sell very well, and to some extent stay the rush of customers to the fruit shops. The most convenient way of making these tarts is to use the shapes in which custards are generally baked. These are narrow at the bottom and wide at the top, at which they measure for penny sizes about $3\frac{1}{2}$ in. in diameter. The paste is made firm, and consists of 8 lb. flour (soft), 2 lb. lard, 1 lb. sugar, $\frac{1}{4}$ oz. soda, and $\frac{1}{2}$ oz. cream of tartar. The paste should lie an hour or two before cutting out. It is best rolled on a biscuit brake to about $\frac{1}{8}$ in. thick. The bottoms to line the tins are cut with a crimp-edged cutter about $4\frac{1}{2}$ in. in diameter, and must then be well thumbed to the top of the tins, as otherwise the sugar will boil over and make the tarts stick. The tins should be greased. One pound of fruit is sufficient to fill one dozen tarts of the penny size.

If the fruit is gooseberries, or berries of any sort, it only requires picking. Apples are chopped into small pieces after being pared and cored. A small quantity of soft sugar is placed on top of the fruit and then splashed with water. About 1 lb. of sugar is enough for fourteen tarts, but much depends on the acidity of the fruit used. The tops are cut out about the same thickness, but only $3\frac{1}{2}$ in. in diameter, with a crimp cutter. These are thumbed well to the other paste, so that the two edges are together. A small hole is made in the top, a little castor sugar is sprinkled on it, and then it is splashed with water and baked in a hot oven. The tarts must be taken from the tins at once; otherwise they are liable to stick. They are baked as soon as the sugar begins to boil, so that the paste should not be so thick as to make it difficult to cook. They should have a glazed appearance when done, and to this end they may be washed over with syrup after baking.

Open Fruit Tarts

Large Open Tarts.

In most Continental confectioners' shops, no matter at what time of the year one may visit them, there is to be seen a good variety of large and small open fruit tarts. They make a bright assortment for the shop window, and the fruits show clearly through the bright jelly with which they are covered. These, mostly retailed from 6*d.* to 2*s.* each, are made in hoops ranging from 6 to 8 in. in diameter, and $\frac{3}{4}$ to 1 in. deep.

Apple Tart.

One of the most popular is the *apple tart.* For this tart, line the hoops with sweet short paste (No. 2), thumb up the sides, and notch the border with a pair of paste nippers (fig. 71). Spread a thin layer of apple jam over the bottom, and on this lay a circle of thin, half-

ALMOND SLICING, GRATING, AND BREAKING MACHINE

ALMOND-SPLITTING MACHINE FOR POWER

moon-shaped pieces of apple. These are to be laid so that each piece overlaps a neighbouring one. Fill in the centre with small pieces of apple, and bake in a hot oven (about 420° F.). Spread over the fruit a thin layer of clear apricot jelly, which has been boiled to the thread degree.

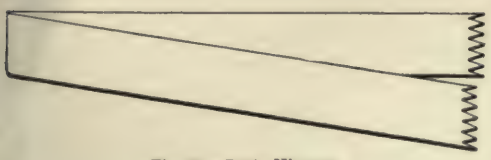


Fig. 71.—Paste Nippers

In preparing *apricot and peach tarts* with tinned or bottled fruits, these should be partly dried on a cloth before use. Slightly colour the centre of each tart with carmine, rubbed on with the finger; bake, and finish off with clear jelly.

Apricot and Peach Tart.

In using fresh apricots, which may be had at moderate prices at certain times of the year, these should be split in halves and boiled in stock syrup until soft. Line the hoops with paste, notch the border as before, but bake with a thin paper lining filled with rice. Bake in a hot oven, and when cold remove the paper and rice, to use again when required. Lay the already cooked apricots on the paste, and cover with apricot jelly made with pulp, or with the syrup in which the fruit has been cooked. Remove the kernels from the apricot stones and lay some of these on top of the jelly.

Fresh Apricot Tart.

During the strawberry season, when this fruit can be got cheap, *strawberry tarts or tourtes* may be prepared by baking the paste first, then laying in the fresh fruit and masking over with clear hot jelly. In some districts there is quite a run on small strawberry tarts. The paste is baked in small sharp-edged boat-shaped moulds, and filled with whipped cream and fresh strawberries after baking, or in larger round moulds which are filled with only the fruit and jelly. While fresh these eat nice and short. The cases made with short paste may be stocked and finished off as required.

Strawberry Tarts.

When fresh fruit cannot be obtained, or when its use is inconvenient, bottled fruits supply an excellent substitute.

For small *pineapple tarts* cut the fruit in small pieces, and boil for a few moments with the juice in which they were preserved and a little lump sugar. Prepare the short paste cases as described, and bake with small wood blocks in. When done, remove the blocks and lay in the fruit; cover with clear apricot jelly. A special jelly may be made for this purpose by adding some melted gelatine to the syrup in which the fruit has been boiled.

Pineapple Tarts.

With a good variety of small fancy-shaped moulds very choice-looking tartlets may be made with bright-coloured jam, and covered with jelly or thin water icing. Line some small oval moulds with paste, half-fill with clear strawberry jam, bake in a hot oven, and when done cover with clear jelly. In the centre of the jelly place a split pistachio nut, or a few pieces of the same chopped very fine.

Masked Jam Tarts.

Small Fancy Fruit Tarts.

Tartlets made with red or white bottled currants, and finished with jelly and pistachio nuts, make a nice assortment to mix with the others.

Norman Tarts.

For *Norman tarts* line small square pans with paste, half-fill with apple jam, and bake in a hot oven. Remove from the pans when cold, and cover the jam with a thin coating of fondant or water icing coloured pale-green and flavoured with maraschino. Pipe a star of whipped cream in the centre of each.

Marengo Tarts.

For *Marengo tarts* line some small oval moulds with paste, cut out with a crimp cutter; thumb up at the sides, and half-fill with a mixture made with apple jam and sultanas, and flavoured with rum. Bake in a hot oven, cover with apricot jelly, and mask over with pink fondant. The covering of fondant or water icing used for these small goods should be thin, and yet be of such consistency and temperature as to enable it to set firm quickly.

On account of the number of operations through which each of those small tarts has to pass before it is finished, they must be made very small if they have to be sold at a penny each. Their smallness, however, is of advantage in that it increases their daintiness, and causes them merely to whet the appetite without satisfying it.

CHAPTER LXXIX

GÂTEAUX

Tricolour Gâteau

Tricolour Gâteau.

Take a round of very light Genoese paste, and cut it into two layers. Moisten them well with maraschino, and sandwich together with light butter cream flavoured with pralinée. Mask over with apricot jelly, and then with white fondant. This gâteau is decorated (see Plate, Types of Dessert Gâteaux, No. 5) with long strips of pink and chocolate marzipan paste and silver dragées. The marzipan, when rolled out and ready for cutting into strips, is marked on the top by rolling over it a brass roller as used for caramels (fig. 69).

Sunflower Gâteau

Sunflower Gâteau.

Cut a round piece of Genoese paste into three layers, and sandwich these together with strawberry cream. Cover with apricot jelly, and mask over the top and sides with a rich chocolate fondant flavoured with vanilla. Mark a ring in the centre with a round 2-in. plain cutter, and pipe chocolate butter cream inside the centre of the ring with a paper bag and small star tube. Cover this over with granulated chocolate or small chocolate nonpareils. With a small cutlet-

cutter cut out some thin pieces of yellow marzipan paste, and place these around the outer ring of butter cream, to form the petals of the sunflower as shown in the illustration (see Plate, TYPES OF DESSERT GÂTEAUX, No. 7).

AVONDALE GÂTEAU

Take a thin round of light Genoese paste and split it into two pieces. Cover these with apple jelly, and sandwich them together by placing between them a round of frangipane cake. Cover the top and sides with apricot jelly; then cover the sides with roasted chopped almonds. Pipe thin lines on the top $\frac{3}{4}$ in. apart, forming a series of diamond-shaped spaces. Fill the first and each alternate space between the lines with chocolate fondant, and the others with yellow fondant. Pipe a small curl of sugar at the point of each diamond, and fill these with clear red jelly. Place on top of the chocolate fondant half of a small grilled almond, and a split pistachio nut on the yellow fondant. With a small brush glaze the nuts with a little warm gum arabic. (See Plate, DESSERT GÂTEAUX, No. 6.)

Avondale Gâteau.

ERIN GÂTEAU

Split a round piece of No. 1 gâteau paste into three layers, and sandwich together with two layers of whipped cream, flavoured with rose water and kirsch, and coloured pale green. Pipe the form of a star on top with royal icing, so that the points of the star just reach the border of the cake; fill in the spaces with clear red apricot pulp. Within the star pipe a small harp in white, decorated with green icing to represent the leaves of the shamrock; fill the six vacant spaces, three with yellow fondant and decorated with pieces of angelica, the remainder with chocolate fondant and piped with light scroll. Cover the sides with jelly and roasted filleted almonds (see Plate, TYPES OF DESSERT GÂTEAUX, No. 8).

Erin Gâteau.

Piped Shamrocks.

ÉTOILE GÂTEAU

Prepare a cake with cream as for Erin gâteau. Mask all over with apricot jelly. With white icing pipe on a six-pointed star, and by thin lines across divide it into twelve divisions. Fill as shown in the illustration on the Plate, TYPES OF DESSERT GÂTEAUX, No. 9, three with red jelly, three with yellow fondant, and the remainder with chocolate. Cover the sides with chopped almonds, and further decorate the top with fruit and silver dragées.

Étoile Gâteau.

GÂTEAU SOUVAROFF

Split a round piece of light gâteau paste into three layers. Mix some chopped pineapple and preserved cherries with apricot jelly and maraschino. Place this mixture in layers between the pieces of cake, sandwich these together, and mask the top and sides with apricot jelly. Colour some fondant a light olive green, and flavour with rose water.

Gâteau Souvaroff.

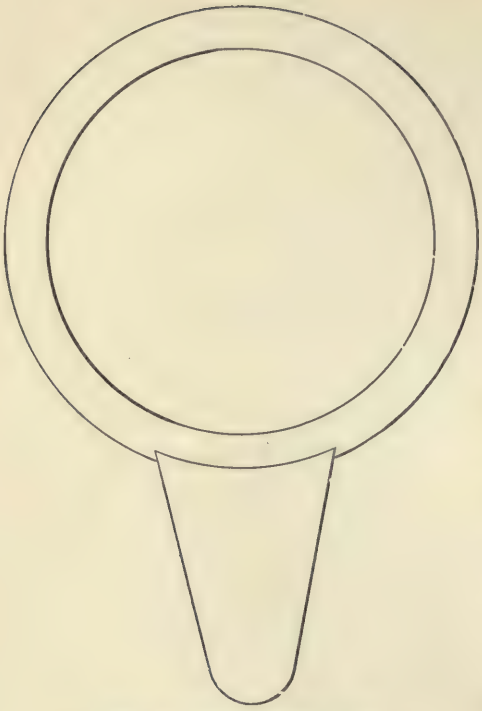


Fig. 72.—Template for Small Cones

Mask the cake over with this, and when evenly covered stand it for a few seconds in the drying oven. Bake on a waxed baking sheet some small round pieces of copeaux or langue de chat paste, about 2 in. in diameter, and while still warm twist each of these round so as to form small cones (fig. 72). About nine cones in all will be required to cover the top of the gâteau. Place these on the cake with all the points toward the centre, and fill half of them with rich vanilla, and the other with strawberry cream lightly coloured. The cream should show at the mouth of each cone, and on the white a few pieces of chopped pistachio should be sprinkled, while a silver dragée should be placed on the pink cream. Finish by adding a few clear piped stars of butter cream around the border. (See Plate, DESSERT GÂTEAUX, No. 1.)

GÂTEAU MARQUISE

Gâteau Marquise.

Prepare this gâteau as for Gâteau Souvaroff. When the fondant is quite dry, decorate with preserved fruits previously soaked in warm syrup. A great variety of designs may be produced with these fruits. The outside of pink or white pears may be cut and folded up to represent roses, small bright cherries covered with thin strips of angelica representing the rosebuds, &c. The fruit should not be cut thick. Care and taste have to be exercised in arranging the colours. Here and there small diamond-shaped pieces of bright angelica may be placed. When the design is finished, brush over the fruit lightly with warm gum arabic. (See Plate, SALEABLE GÂTEAUX, No. 4.)

Designs with Preserved Fruits.

FLORAL GÂTEAU

Floral Gâteau.

It is better to make this gâteau during the cold weather, so that the butter cream used for decoration may keep firm and shapely. Prepare and ice the cake over as for Gâteau Souvaroff; flavour the fondant strongly with maraschino. Pipe six small pink roses with white and pink butter cream (made with fresh butter and a little

stock syrup), and lay these on the left-hand side of the top of the cake, so as to form a spray of roses. Fix six small pieces of angelica to represent rose stalks, and a few diamond pieces of angelica for the leaves. On the opposite side pipe the name in green fondant and outline with pale-pink icing.

Brunswick Gâteau

Line some shallow 5½-in. shortbread hoops with rich short paste. Spread some apple jelly on the bottom of each, and three-quarters fill with the following mixture, made up and mixed as for an ordinary cake mixture: 1 lb. butter, ½ lb. castor sugar, ½ lb. ground almonds, 1 lb. cake crumbs, 10 eggs, ¼ gill of rose water. Cut some strips of short paste, as used for Congress or macaroon tarts, ¼ in. wide. Stretch one strip of this paste across the centre of the gâteau from one side to the other; then lay two strings on either side of this at equal distances apart. Turn the hoop around half-way, and lay on five more strips of paste, so as to divide the centre of the cake into diamond-shaped spaces, as shown on the tricolour gâteau. Bake at a steady temperature, about 360° F., and when cold mask the top over with clear apricot jelly, spread on sparingly, and in the centres of the open spaces place small diamond-shaped pieces of preserved pineapple.

Brunswick Gâteau.

Almond Cream Filling.

Almond Gâteau

Prepare as for Brunswick gâteau, only instead of stretching strips of paste across the top of the almond cream, lay on thin split almonds, and when the cake is baked brush over the top with water icing. Sprinkle finely chopped grilled almonds on top of the icing.

Almond Gâteau.

Madeleine Gâteau

Line a shortbread hoop with rich short crust, strongly flavoured with coffee essence. Spread a thin layer of honey on the bottom, and half-fill with cream filling as for Brunswick gâteau, but flavour it strongly with chocolate powder. Wet the edges of the short crust with a little water, and cover the top with a thin layer of puff-paste trimmings. Spread a thin layer of royal icing, without acid, on the cake, and cover this well with finely chopped almonds. Bake at a temperature of about 350° F. Leave the oven door partly open to prevent the top from taking much colour. When covering these cakes with puff paste allow them to lie twenty minutes before baking, so that the paste may recover from the rolling.

Madeleine Gâteau.

St. Denis Gâteau

Prepare and line some shortbread hoops with rich short paste. Spread a thin layer of orange marmalade on the bottom of each, and sprinkle chopped cherries over this. Half-fill each case with almond filling as used for Brunswick gâteau, but colour it pink and flavour strawberry. Put a layer of puff paste on top, and cover with a

St. Denis Gâteau.

thin layer of pink royal icing. Decorate with a few pieces of preserved cherries and angelica, and bake in a steady oven.

Snow Gâteau

Line a shortbread hoop with short paste. Spread some lemon marmalade on the bottom, and almost fill with almond-cream filling as above. Spread this over quite smooth, and cover well with thin shredded almonds. When baked and cold, dust over with vanilla sugar. Another way of preparing and finishing this cake is to bake it without the shredded almonds, and then mask over the top with Italian meringue. Dry it for a few seconds in the drying oven, and then ice with white fondant flavoured with maraschino.

Snow Gâteau.

Hamburg Gâteau

Prepare and line a shortbread hoop with German paste. Spread a little honey on the bottom, and almost fill to the top with the mixture as used for almond drops and fingers (p. 417). Cover with shredded almonds, and when baked dust over lightly with icing sugar and chocolate powder.

Hamburg Gâteau.

Mousseline Gâteau

This gâteau is prepared and baked like the Hamburg. Mix equal quantities of almonds and icing sugar into a stiff paste with whites of eggs, and spread a thin layer of this on the top of the newly-baked cake. Lightly dust with icing sugar, and re-bake to a light golden colour. Finish when baked the second time by placing here and there on the cake a few spots of red jelly and some chopped pistachio nuts. Another method of finishing this gâteau is to brush the top over with water icing, and sprinkle over it granulated chocolate and chopped pistachio nuts after it has been baked the first time. These gâteaux, made in shortbread hoops, keep well, remaining moist for several days.

Mousseline Gâteau.

Shamrock Gâteau

For this gâteau (see Plate, Saleable Gâteaux, No. 2) take a triangular piece of No. 4 gâteau paste, having the three sides of equal length. Split into two layers, splash with maraschino, and sandwich together with vanilla cream. With a sharp knife cut off the three sharp points of the gâteau, leaving sloping points and rounded edges. Spread apricot jam on the top, and press above this a thick layer of paste, consisting of chopped cherries and clean cake crumbs, flavoured with maraschino, so that the ultimate shape is rounded at the edges. Cover all over with apricot jelly, then mask with light olive-green fondant flavoured with maraschino, and dry for a few seconds in a drying oven. The decoration consists of a small harp in the centre, piped with royal icing or moulded with marzipan paste. At each corner a spray of shamrock, made from small round pieces of angelica, is neatly placed;

Shamrock Gâteau.

Piped or Moulded Harp.

then light scrolls are piped around each side, relieved here and there with silver dragées.

Nougat Gâteaux

Cut a round of No. 1 gâteau paste into three layers, and sandwich these together with whipped cream flavoured with hazel-nut paste, made from roasted hazel nuts in the same way as pralinée paste is made from almonds (see p. 396). Cover the paste with apricot jelly, and ice with coffee fondant. Decorate the top with small round pieces of nougat, rolled out thin, and cut out with a round plain cutter about 1 in. in diameter. The pieces of nougat should be laid on the border of the cake, slightly overlapping one another. Place a bright cherry on the centre, and around this six crescent-shaped pieces of nougat, cut out with a 1¼-in. plain cutter.

Nougat Gâteau, No. 1.

Prepare and spread between three layers of round gâteau paste some hazel-nut Italian cream, consisting of hazel-nut paste mixed with Italian meringue. Mask over the top and sides with the same cream, and cover this with crushed nougat and chopped pistachio nuts. When crushing and using the nougat it is advisable to sift and remove the powder which may be formed. This powder may afterwards be used for flavouring purposes.

Nougat Gâteau, No. 2.

Use for Nougat Dust.

Cut a round piece of gâteau paste and sandwich together with Italian butter cream (see p. 385), flavoured with powdered nougat and vanilla sugar. Mask the top and sides with jelly, then with chocolate fondant. Prepare some nougat from filleted almonds and pistachio nuts as described later, roll this out on a clean, warm, baking sheet, previously rubbed over with white vaseline, and when rolled quite thin cut out six pieces with a plain cutlet-cutter, 2 in. in length. Lay the pieces of nougat on the top of the cake, forming a circle, the point of each piece towards the border. Finish by piping a round of apple jelly in the centre of the nougat.

Nougat Gâteau, No. 3.

Prepare a round of gâteau paste as for No. 3 nougat gâteau, but instead of covering the top with chocolate fondant use coffee fondant well flavoured with vanilla. Pin out some warmed nougat as used for No. 3, and with a large plain cutter (same size as the gâteau) cut out a very thin piece of nougat. While the nougat is warm and lying flat on the baking sheet, lift up one side of it and fold over lightly towards the centre. Lay this on the cake, and pipe in butter cream the words *Nougat Gâteau* on the coffee fondant.

Nougat Gâteau, No. 4.

Prepare a round of gâteau paste, and flavour this with layers of cream, as for gâteau No. 4. Mask the top and sides with apricot jelly; then with royal icing pipe a six-pointed star on top of the jelly, having each point touching the border of the cake. Fill the star with chocolate fondant. Write on this the name *Nougat*. Cover the sides of the cake and the vacant spaces on top with crushed nougat and chopped pistachio nuts.

Nougat Gâteau, No. 5.

Gâteau Damier

Cut out a 5½-in. square of No. 2 gâteau paste 1½ in. in depth; split with a sharp knife into three layers, and sandwich these together again with apple or red-currant jelly, previously splashing the cake with maraschino. Mask the top and sides with clear, red apricot jelly, and pipe double lines of icing on top. The lines should divide the gâteau into eight squares each way. A border with a small curl of sugar at each corner is piped on top, and these corner cavities should be filled with jelly. Cover the sides with chopped roasted almonds; fill half the squares with chocolate fondant and the others with yellow fondant; on twelve of the chocolate squares pipe a small dot of green fondant, and on another twelve pipe dots of pink fondant. When bright glossy fondant is used, and the clear jelly shows up between the double lines of icing, a neat and attractive gâteau is made. (See Plate, Dessert Gâteaux, No. 3.)

Gâteau Damier.

Ambrose Gâteau

Prepare a square of gâteau paste as for the previous gâteau, and mask over with apricot jelly. Pipe on six lines of icing, three each way, so as to divide the top of the cake into twelve squares of equal size. Each square has to be divided diagonally into two triangles with lines of icing. Pipe chocolate fondant into the left-hand side of each square, and into the other part coffee fondant; pipe a dot of royal icing at the corner of each square, and on the icing place a silver dragée. Cover the sides with roasted shredded cocoanut.

Ambrose Gâteau.

Gâteau Cavour

Prepare a square as for Ambrose gâteau, and before sandwiching together with jelly soak the centre well with kirsch. Mask the sides with pulp, and cover with roasted almonds. Make a border with lines of boiled jelly all round the top of the cake, for the purpose of sticking the marzipan paste and keeping it in position. Prepare two thin pieces of white and pink marzipan paste, and stick these together with a little syrup or maraschino, the white piece underneath. Lay the paste carefully on the top of the cake, and with a sharp knife cut part of these as shown in the Plate of Dessert Gâteaux (No. 2). Fold the cut part over as shown, and fill in the centre with chocolate fondant. Pipe on the name of the gâteau, and finish with a bright cherry at two opposite corners, and crystallized violets on the other corners.

Gâteau Cavour.

Imperial Gâteau

Prepare a square of gâteau paste as for the Gâteau Cavour, and stick on the top, as nearly in the centre as possible, fourteen very small princess biscuits (see p. 380) well filled with apple jelly. Mask all over with clear, red apricot pulp. Cover the sides with chopped roasted almonds, and finish by sprinkling some chopped pistachio nuts over the top. (See Plate, Dessert Gâteaux, No. 4.)

Imperial Gâteau.

TYPES OF DESSERT GÂTEAUX

1. Gâteau Souvaroff.
2. Gâteau Cavour.
3. Gâteau Damier.
4. Imperial Gâteau.
5. Tricoloured Gâteau.
6. Avondale Gâteau.
7. Sunflower Gâteau.
8. Erin Gâteau.
9. Étoile Gâteau.

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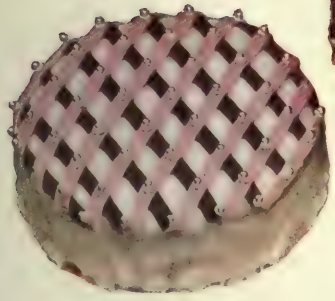

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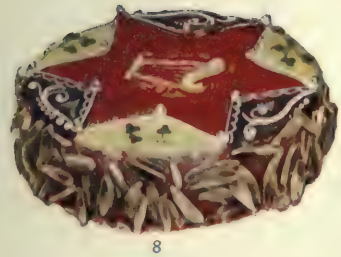

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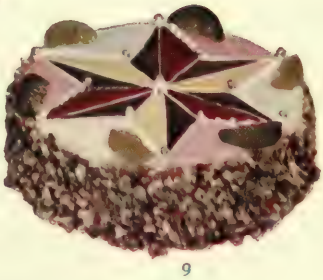

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TYPES OF DESSERT GÂTEAUX

Gâteau Suprême

Take a round piece of light gâteau paste and cut it into three layers. Sandwich together with a paste consisting of butter cream mixed with Italian meringue, highly flavoured with pralinée (see p. 396). Cover the cake entirely with a portion of the cream, and sprinkle over this, on top and around the sides, some coarse pieces of pralinée. Finish by dusting well with vanilla sugar.

Gâteau Suprême.

Gâteau Suzette

Take a square piece of No. 2 gâteau paste, cut it into three layers, sandwich these together with a mixing of light Italian butter cream flavoured with pralinée similar to that used in the imperial gâteau. Cover the gâteau with apricot jelly, and mask with pale-green fondant strongly flavoured with kirsch. Write the name *Suzette* in the centre with the same coloured fondant, outlined with chocolate fondant, and finish the decoration with preserved fruits.

Gâteau Suzette.

Gâteau Gabrielle

Take a round piece of No. 1 gâteau paste, cut it into two layers, and sandwich these together with a rich pistachio butter cream flavoured with maraschino. Mask the gâteau on top and round the sides with the same cream, and when cold and firm, ice over with a pale-pink fondant. Finish by placing some chopped pistachio in the centre.

Gâteau Gabrielle.

Gâteau Singapore

Have a round of very light Genoese paste cut into three layers. Splash these slices over with maraschino; then sandwich together again with chopped pineapple and apricot pulp mixed, and mask over the top with a thick paste consisting of chopped pineapple and cherries mixed with apricot jelly. Prepare some thin yellow fondant, and ice the gâteau over, allowing the fruits to show clear through the icing.

Gâteau Singapore.

Chopped Fruit Paste.

Gâteau Le Grandi

Take three square pieces of thin gâteau paste (made by mixing half a pound of ground almonds and the same weight of castor sugar with seven whites of eggs beaten up quite stiff and baked upon a floured and buttered baking sheet); sandwich these together with a light butter cream, flavoured with fine crushed almond nougat. Mask over with butter cream, and place thin, grilled, filleted almonds round the sides. Write the words *Le Grandi* in the centre, and place at each corner a small nougat cornucopia filled with cream, and between each two of these lay a small piece of nougat of rock-like shape.

Gâteau Le Grandi.

Le Golbert Gâteau

Take three diamond-shaped pieces of gâteau paste, the same as for Le Grandi gâteau. Sandwich these together with a thick layer of raspberry jam, and mask over with apricot pulp. Ice the sides with chocolate fondant, slightly covered with granulated chocolate as used for negro biscuits (see p. 423), mixed with chopped pistachio nuts. Ice the top over with pink fondant, and pipe in the centre the name *Le Golbert*. Decorate the border with a neat design in royal icing.

Le Golbert Gâteau.

La Rose Gâteau

Line some fancy-shaped round buttered moulds with sweet short paste. Spread a little apricot jam in the centre of each, and almost fill the mould with a mixture made from the following: ½ lb. of chopped roasted hazel nuts, 14 oz. castor sugar, 3 oz. flour, 3 oz. melted butter, 7 whites, a little rose water and vanilla sugar.

La Rose Gâteau.

Beat up the whites until almost stiff; then stir in the nuts, sugar, and flour, which have previously been mixed together; add the flavouring, and, lastly, the melted butter. Bake in a steady oven. When cold mask over with apricot jelly, ice over with rose-coloured fondant flavoured with rose water, and finish by placing in the centre a pulled-sugar or red marzipan rose, with three green leaves.

Pulled-Sugar Roses.

Mousseline Rose Gâteau

Take ½ lb. ground almonds, 10 oz. castor sugar, 12 yolks, 2½ oz. corn flour, 6 whites, and 3½ oz. melted butter. Mix the almonds and sugar together; cream these along with the yolks, using a wood spatula for the purpose; beat up the whites quite firm, then stir these in very lightly. Add the flour, and then the melted butter and rose flavouring last of all. Thoroughly grease a Genoese or savarin mould with clarified butter, and three-quarters fill this with the mixture. Bake in a steady oven. When cold, mask with apricot jelly flavoured with kirsch; ice over with pale-yellow fondant flavoured with rose water, and decorate with four small pink marzipan or pulled-sugar roses and eight small green leaves.

Mousseline Rose Gâteau.

Mousseline Vanilla Gâteau

Line a shallow pan (loaf tin) with sweet short paste. Spread in it a layer of apple jelly. Fill this three-quarters full with the above mousseline filling, but flavoured with vanilla. Ice the cake over with white fondant, after masking with apricot jelly. Before the fondant sets, drop on small pieces of pralinée and pistachio mixed.

Mousseline Vanilla Gâteau.

Mousseline Violet Gâteau

Take some mixing as for mousseline vanilla gâteau, only flavoured with essence of violet. Bake in a plain savarin hoop. When baked, mask over with jelly, ice with violet-flavoured and coloured fondant (very pale), and decorate with crystallized violets and a neat design in royal icing.

Mousseline Violet Gâteau.

Mousseline Orange Gâteau

Use the same kind of pan and mixture as for the previous mousseline gâteau, but spread some orange marmalade on the paste, and flavour the cream filling with orange zest. Mask over with jelly, ice with pale-coloured orange fondant, and decorate with slices of oranges, partly dry and covered with caramel sugar. Place a small piece of crystallized cherry between each two adjacent slices of orange. The orange slices may for variety be placed so as to radiate in a circle from the centre; or they may be arranged all round the border of the gâteau.

Mousseline Orange Gâteau.

Gâteau d'Amandes

Take 1 lb. of butter and 1 lb. of castor sugar, and cream these well together. Beat in ten yolks of eggs; lightly stir in 10 oz. of ground almonds; then seven whites previously whipped up quite stiff, and half a liqueur glass of kirsch; last of all, add 6 oz. of flour. Dress some square moulds with clarified butter; cover the inside with thin filleted almonds; three-quarters fill each mould with the cream prepared as above, and bake in a steady oven. When cold, dust each over with vanilla sugar.

Gâteau d'Amandes.

Almond-lined Moulds.

Melon Gâteau

Bake some No. 3 gâteau paste in the two halves of a melon mould. When these cakes are cold, hollow out the centre of each with a sharp knife, and fill up the cavity with butter cream, slightly coloured with yellow and carmine, and flavoured with kirsch and some crushed almond nougat. Place a few filleted almonds on the cream to represent the seeds of the melon; place the two halves together, and mask over with apricot jelly; then cover with strips of green and yellow marzipan. Ice over with pale-green water icing. Cut out a slice (see Plate, Saleable Gâteaux, No. 3); lay this at the side of the gâteau, and finish by adding a stalk, made with green pulled sugar or marzipan paste. When the centre of the gâteau is lined with butter cream, a small space may be left, and filled with the cut almonds and apricot jelly.

Melon Gâteau.

Imitation Melon Seeds.

Swallow's Nest Gâteau

Bake a round of Genoese in a plain round savarin mould. Soak with kirsch, and mask with white fondant. Prepare some cream of marron, made by passing pieces of marron glacé through a wire sieve, then mixing with whipped cream. Pipe this on top and around the sides of the gâteau, made as described above, and set it on a dish paper. Place a small round piece of gâteau paste in the centre, and on top of this pipe a bird with whipped cream. Add to this pieces of angelica or gaufre paste for the wings and tail, and pipe cream over. Use two small silver dragées for the eyes.

Swallow's Nest Gâteau.

Cream of Marron.

Bird piped with Cream.

Gâteau la Duse

Grease a fancy-shaped mould with clarified butter, and cover the inside with ground almonds. Three-quarters fill the mould with a cream made according to the subjoined recipe, and bake in a steady oven. For the cream mix 7 oz. of butter and 10 oz. of sugar together, and beat in 4 eggs as for Madeira cake. Add to this 4 oz. ground almonds, 3 oz. corn flour, and 5 oz. of wheat flour. Whisk five whites quite stiff, and stir these in; then add a little orange-flower water to the cream. When cold, mask over with apricot jelly, and ice over with thin water icing flavoured with kirsch, and decorate lightly with prepared cherries.

Gâteau la Duse.

Gâteau la Boule de Neige

This gâteau when finished is to represent a snowball. Bake a mixing of rich gâteau paste in two halves of a melon mould, and when cold soak with maraschino, and stick the two cakes together with pralinée butter cream. Cover entirely with Italian meringue. Place here and there a few crystallized violets, stand the cake on a round piece of gâteau paste iced pink all over, and place in the drying oven for one hour.

Gâteau la Boule de Neige.

Gâteau Marcellin

In an oval hoop or mould bake a mixture of rich gâteau paste flavoured with vanilla sugar and unsweetened melted cocoa. When quite cold bevel off the edge and sides with a sharp knife, split in three slices, and sandwich together with chocolate cream. Cover with hot apricot jelly, mask with chocolate fondant, and lay on the centre a white marzipan rose. Pin out a piece of pale-green marzipan paste to $\frac{1}{8}$ in. thick, mark it with the caramel roller, and cut into three-corner-shaped pieces. Bend the pieces of paste round a rolling-pin, and they will quickly become firm enough to lay around the sides of the gâteau as shown in the illustration (see Plate, Saleable Gâteaux, No. 1). Pipe a star of pink butter cream between each two pieces of marzipan, and lay upon each of these a small silver dragée. This gâteau may be served up as an entremet. Where the cake is baked in a mould, turn it upside down when cold, hollow out the centre and fill in with whipped chocolate cream, into which some melted gelatine has been added, and finish off as described.

Gâteau Marcellin.

Violet Gâteau

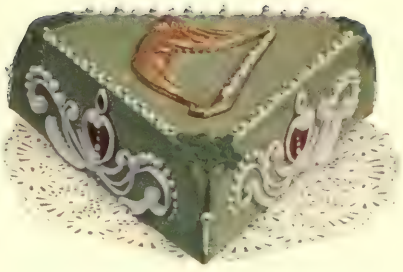
Prepare a round of No. 1 gâteau paste, split into three layers, and sandwich together with whipped cream flavoured with crushed crystallized violets and maraschino. Cover with hot jelly, mask the top with white fondant, and place around the sides some finely chopped roasted almonds. Pipe a cornucopia on top with orange and yellow royal icing, and fill in with marzipan violets. (See Plate, Saleable Gâteaux, No. 6.)

Violet Gâteau.

TYPES OF SALEABLE GÂTEAUX

1. Marcellin.
2. Shamrock.
3. Melon.
4. Marquise.
5. Vermicelli.
6. Violet.

1



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6

TYPES OF SALEABLE GÂTEAUX

Vermicelli Gâteau

Cut from a piece of rich cake a 6-in. square. Split in two slices, sprinkle some kirsch over it, and sandwich with apricot jam. Cover with hot jelly, mask the top with pistachio-coloured fondant, and around the sides with roasted almonds. Mark the centre with a plain 2½-in. cutter, place in position four pieces of white and an equal number of pieces of dried pink marzipan paste, cut out with a small cutlet-shaped cutter, mark with a caramel roller, and shape upon a round base. Fill the centre with yellow whipped cream flavoured with kirsch, or butter cream piped with a small plain tube. (See Plate, Saleable Gâteaux, No. 5.)

Vermicelli Gâteau.

Gâteau Saint Honoré

This gâteau (see Plate, Chou Pastries, Nos. 20, 22) was introduced by M. Auguste Julien, one of the three brothers Julien, noted cooks and confectioners in France in the nineteenth century. It is made to hold a cream filling, which may consist of very light custard, as used extensively on the Continent, or of whipped cream. The gâteau may be decorated in various forms.

Originator of Gâteau St. Honoré.

Prepare as follows. Place on a slightly greased baking sheet a piece of short paste (No. 1) cut out round, about 7 to 8 in. in diameter, and ⅛ in. thick. Wash the border with egg, and on this pipe a ring of éclair paste (see p. 397) with a ½-in. plain tube. Pipe one dozen very small cream buns on a tray with the same paste, and bake in a hot oven (about 380° F.). When cold, dip the tops of the small buns in some caramel sugar. Lay them on the slab, and place on half of them a small preserved cherry covered with caramel sugar, and sprinkle the remainder with chopped pistachio. Attach these small buns to the border of éclair paste with a little caramel sugar, laying them close together, and arranging those with the preserved cherries alternately with the remainder decorated with pistachio.

Building up the Gâteau.

For the filling, prepare some hot custard as follows. Weigh into a thick mixing-bowl 1¼ oz. of corn flour, 4½ oz. of castor sugar, and 1½ oz. of vanilla sugar; add six yolks and ½ pt. of milk, and mix all into a smooth mixture with a whisk. Place the pan over a steady fire, and continue to stir the mixture with the whisk. Allow it to boil. At this stage an assistant should have the whites of six eggs beaten quite firm. Whisk these lightly into the custard, and remove from the fire. When this has cooled, after a few moments, spoon part of the custard into the gâteau. This should be dropped in small pieces, and the spoon slowly raised, bringing the cream up in sharp ridges. As the filling becomes firm and cold, the gâteau may then be removed without fear of the cream dropping. It should remain fresh for two or three days. To be successful with the preparation of this filling, careful handling is necessary. The whites must be very stiff. Where vanilla essence is used, add this to the

Special Custard for St. Honoré.

Method of Filling in the Custard.

Precautions in preparing Custard.

Whipped Cream Filling.

milk, with extra castor sugar. When whipped cream is used, it may be spooned in, or piped with bag and star tube.

Cheap Mixed Cream.

Another filling slightly cheaper than the custard or cream may be made by mixing together whipped whites and whipped cream of the same consistency. As an alternative method of decorating this gâteau, the small round balls (cream buns) may have coloured

Decorating with Fondants and Fruit.

crystallized fondants placed on them with alternate black and green grapes, or with preserved cherries, or quarters of oranges dipped previously into some hot caramel sugar.

Elaborate Gâteau St. Honoré.

An elaborate Gâteau St. Honoré is made with halves of caramel preserved apricots, preserved cherries, and spun sugar, and the cake filled with whipped cream as follows. Prepare a paste base, and lay small cream buns in position, dipped and fastened with hot caramel sugar. With a dipping fork (fig. 60) cover some halves of preserved apricots and small cherries with hot sugar, and lay these upon the slab to cool. When firm, form a ring with the pieces of apricot upon the border of the gâteau, by standing these on their edge and sticking them together by dipping one side of each into some hot sugar. Place a

Use of Spun Sugar.

small caramel cherry between each adjacent two, and cover the sides with a thick layer of white or pink spun sugar. Fill in the centre with cream, piped with a star tube. The sugar will stand for some time if carefully prepared and boiled to the right temperature. This gâteau will take longer to prepare, but is well worth the trouble, and with the glossy spun sugar presents a showy appearance when placed on the dinner or supper table.

Another Gâteau St. Honoré is made by using chocolate fondant instead of caramel sugar. Cover the small cream buns with chocolate fondant,

Rich Gâteau St. Honoré.

with a little chopped pistachio on the centre of each. Attach these to the border of éclair paste with part of the fondant. Fill in the centre with cream, and sprinkle some pistachio or crushed crystallized violets on top. The small balls or cream buns are sometimes

Filling Cream Buns without Cutting.

filled with cream before being covered with the sugar or fondant. As they should not be cut for this purpose, the cream should be forced in with a bag and $\frac{1}{4}$-in. plain tube through a small hole in the bottom of each. Press the tube into the cream bun for this purpose, and only a very small hole will be made.

CHAPTER LXXX

SCOTCH AND OTHER SHORTBREAD

There is a large export trade in shortbread still done by bakers in Scotland. The idea is very prevalent that it is impossible to make shortbread satisfactorily out of Scotland, even when the bakers who attempt it elsewhere are themselves Scotch. It is a pity to question a theory that has something romantic about it, and is at the same time so profitable to Scottish bakers. There is not, however, anything very mysterious about the manufacture of shortbread. As a general instruction it may be noted that the butter and sugar should be well mixed before any flour is rubbed in, and that the flour should be a soft biscuit variety. English wheat flour or French is very suitable. If the sugar is crystalline, it is better to mix a little water with it, and make it into a paste before rubbing in the butter; otherwise there is a danger of spots in the finished shortbread. Even in Scotland there are endless modifications in the recipes used. Some use an ounce of ground rice to each pound of flour; others add about the same quantity of ground almonds. There is more, perhaps, in the manner of mixing than in the recipe. The dough must not be made oily, as there is a danger of doing in hot weather, and it must not be toughened by overmixing. The art of mixing the ingredients to prevent either of these effects comes naturally to those whose experience has included the manufacture of hard biscuit doughs, and it is in this respect that the Scotch baker has the greatest advantage.

Scotch Bakers and Scotch Shortbread.

Flour for Shortbread.

Why Spots Appear.

Importance of Methods of Mixing.

When shortbread has to be made in large sheets to be hand-notched, or for penny squares, the usual method is to beat out the dough on the slightly dusted table with one hand, using the side of the other hand to keep the edges straight. When it has been shaped in this way with firm edges, it is transferred to a sheet of paper of the size the sheet of dough is ultimately to be. The paper must be dusted with flour to prevent the dough from sticking to it. The sheet of dough is then pinned out on the paper to the thickness and size wanted, the paper forming a convenient holder to turn the sheet round as required. The same method is followed with the larger round cakes. This prevents the shortbread from cracking when it is being placed on the baking sheet.

How to mould Shortbread.

Use of Paper in Working.

In Scotland it is unusual to make penny sizes in separate cakes. These are invariably pinned out in sheets containing thirty cakes, and covering the whole of a baking sheet. They are neatly pinched with the fingers round the sides of this sheet only. They are marked off in proper sizes while in the dough state, and cut through with a sharp knife at the marks, immediately they are taken from the oven.

Penny Shortbread Squares.

These are sometimes sold plain, and sometimes dusted over with icing or pulverized sugar. When they are to be sugared, the sugar should be dusted on just as the sheet is quite finished baking, and it should then be kept in the oven a minute longer to fix the sugar. This expedient cakes the sugar, and prevents it from falling off when it has to be handled afterwards. Penny sizes are made about ¼ in. thick, and a mixture of 2 lb. flour and 1 lb. butter, or 12 oz. butter and 4 oz. lard, with ½ lb. sugar, is enough for thirty cakes. Sometimes this sheet shortbread is cut into fingers about 3 in. long and 1 in. wide. These are made quite plain.

How Sugar is Fixed.

Quantities for Thirty Cakes.

A form called, in the East of Scotland, *petticoat tails* consists only of ordinary shortbread dough, pinned in round cakes on flour-dusted paper, about ¼ in. thick, then cut in eight or ten triangular pieces. This form is usually sugared over.

Petticoat Tails.

The small sizes of shortbread should always be baked in a hot oven (440° F.), and they can generally be regarded as thoroughly baked when properly coloured. The larger sizes should be baked in as hot an oven as possible consistent with their being baked before being too much coloured. Shortbread is very readily burned in a cold oven. It continues pale and greyish after it is quite done, and may be burned through and bitter before its colour indicates even that it is done. Hand-pinched thick shortbreads should always be protected on the edge with a paper band or a hoop, and if very thick they generally need several layers of paper underneath, and sometimes a sheet of paper on top. The most satisfactory thickness for shortbreads is about ¾ in., but a cake of this thickness should not be more than 8 in. in diameter. If larger sizes are wanted, they must be correspondingly thicker, and need watching in baking. It is usual to charge about 1*s.* per pound for good shortbread.

Heat of Oven for Shortbread.

Why Shortbread is sometimes Burned.

Thickness of Cakes.

In the preparation of rich shortbread dough only the best materials should be used. Butter is more or less used as a moistening agent. It should contain plenty of body, and be free from water. The best flour for the purpose should be of a soft nature, containing only a small percentage of gluten. Fine castor sugar is suitable, and is preferred to powdery or very coarse varieties. In the two recipes given below for large shortbreads butter is the only moistening and shortening agent used. This requires hard work in blending with the other ingredients to form a firm tight dough, which will make cakes to eat short and crisp.

Quality of Materials.

Weigh down on the board 12 lb. of flour, 6 lb. of butter, and 3 lb. of castor sugar. Mix the two latter together until they become well incorporated by rubbing on the table. Then draw in the flour, a little at a time, and make all into a dough by rubbing the ingredients together with both hands upon the board. After the dough has stood a little, it will be ready for moulding in wooden blocks, or for

Recipe for Shortbread.

pinning out in various shapes and pinching with the fingers. Dock over the surface, and stab in one or two places with a skewer. Bake in a solid oven (380° to 400° F.). Some prefer to bake these cakes in shallow hoops to protect the borders from taking too much colour.

Blocking Shortbread.

Another mixture may be prepared in the same manner with the following ingredients: 10½ lb. flour, 1½ lb. scone flour, 6¾ lb. of butter, 3½ lb. of sugar, and 1¾ lb. of ground rice.

Pitcaithly bannocks consist of shortbread dough mixed with chopped peel and almonds. Weigh 4 lb. flour, 2 lb. butter, and 1 lb. sugar, and make these into shortbread dough in the usual way. Then work into it ½ lb. dry and finely chopped orange peel, and ½ lb. chopped blanched almonds. These must be very thoroughly mixed to prevent streakiness. The shortbread is then prepared in round cakes in the usual way.

Pitcaithly Bannocks.

German shortbread is made from the following recipe: 4 lb. flour, 2½ lb. butter, 1 lb. 6 oz. sugar, 3 eggs, and ½ oz. ground cinnamon. The eggs are first mixed with the sugar; then the butter and cinnamon are rubbed in, and the flour by degrees.

German Shortbread.

Decorated shortbreads are made by decorating the large cakes with various coloured fondants, royal icing, crystallized fruits, flowers, or silver dragées. Effective designs for this purpose may be quickly made by laying upon the cake a cardboard templet, cut out in a fancy shape, and outlining it with icing. The shape thus made may be filled with fondant run in from a paper cornet, and decorated as required. Some of the simplest designs, such as the outline of a star shape, may be divided into sections with piped lines of royal icing, and these in turn filled with various coloured fondants. Crystallized fruits used for decorating should have the dry sugar washed off in warm water, and in turn rubbed over with a little clear syrup to give them a bright glossy appearance. When clear syrup is not used, touch the pieces of fruit with a camel's-hair brush dipped into liquid gum arabic.

Decorated Shortbread.

At Christmas in England and New Year in Scotland a good deal of decorated shortbread is sold with appropriate mottoes, of which "For Auld Lang Syne" is the greatest favourite. These mottoes may be made with comfits, or with orange peel, or with royal icing, either on the shortbread itself, or on chocolate or marzipan medallions. The orange peel can be cut out in letters with suitable cutters, and if the quantity needed is large, the peel letters can be prepared some time before the busy season and kept in syrup, the different letters being in separate jars. Printed medallions can also be prepared beforehand in the same way. When the decoration is made direct on the shortbread, all the roses or other flowers can be made in advance, and so also can thistle heads, which are considered a specially suitable form of decoration for shortbread. The stalks and leaves have only then to be piped on the shortbread after it is baked.

Mottoes on Shortbread.

Preparation of Peel Letters, Flowers, Thistles, &c., in advance.

Small shortbreads in the English style, to retail at 2*d.* each, may be prepared as follows. Weigh down 2½ lb. flour, make a bay, and place in the centre 1 lb. butter, ¼ lb. lard, 10 oz. castor sugar, and three large eggs. Mix the fats, eggs, and sugar lightly together; draw in the flour, and make the dough with as little labour as possible. Allow to lie for a short time; then scale off in 4-oz. pieces, hand up, pin out round, pinch the borders, dock, cut each into four pieces of equal size, and bake on papered baking sheets in a solid oven at 420° F.

English Shortbread.

Another shape is made with paste prepared from the same recipe, with extra egg to soften it slightly for pinning out thin. Pin out the paste ⅛ in. thick in sheets 12 in. square; lay each upon a piece of paper; draw these on baking sheets, and pinch the borders with paste nippers or with the fingers. Dock thoroughly, mark off into small squares with a knife, and bake in a solid oven at 400° F. When cold, divide these rich shortbreads into pieces at the places where they had been previously marked with the knife.

Sheet Shortbread.

Ordinary small shortbreads retailed at 1*d.* each are made boat-shaped, either blocked or cut out with an oval cutter, pinched, and baked with a strip of orange peel down the centre. A paste prepared as follows will give good results. Weigh down 2½ lb. flour. Rub in 8 oz. butter and 8 oz. lard, make a bay, add 1 lb. sugar, and with five eggs and a little essence of lemon make all into a smooth dough. Place in the coolest part of the bakery for two hours and handle as follows. Pin out to ¼ in. thick, cut out with an oval plain cutter about 4½ in. in length, pinch the borders with the thumb and forefinger, place on baking sheets, lay a piece of orange peel on the centre, and bake in an oven at about 400° F.

Boat-shaped Shortbreads.

Shortbread fingers are very popular, for being dry they are easily handled without soiling the fingers. Prepare in the following manner with 2 lb. flour, 1¼ lb. butter, 12 oz. castor sugar, the zest of two oranges, and three large eggs. Mix the ingredients together as for twopenny shortbreads; pin the paste to ¼ in. thick, cut this into fingers 3½ in. long and ¾ in. wide, and lay close together on a papered baking sheet. Bake in a solid oven at 400° F. When cold, cover half the biscuits with ordinary fine-grained castor sugar, and the remainder with pink castor sugar, coloured with carmine and dried before using.

Shortbread Fingers.

Small round shortbreads about 2½ in. in diameter are suitable for afternoon tea parties. Take 2 lb. flour, 8 oz. ground almonds, 1½ lb. butter, 12 oz. castor sugar, and the zest of two lemons, and lightly mix all into a dough with four large eggs. Pin out to ¼ in. thick, cut out with a plain round cutter 2½ in. in diameter, and lay them inside shallow hoops 2½ in. in diameter upon papered baking sheets. Bake in a steady oven at 380° F., and when ready dust with fine castor sugar.

Afternoon-Tea Shortbread.

CHAPTER LXXXI

GINGERBREAD AND GINGER CAKES

Gingerbread is probably one of the oldest forms of cake known. It has certainly been known since the fourteenth century, when it was made and sold in Paris, according to Monteil in his *Histoire des Français*. It was formerly made of rye flour kneaded with ginger and other spices, and sweetened with honey. In some parts of the Continent gingerbread is still made in larger or smaller quantities, and baked in large blocks to be sold by weight. These are made with white or light-brown dough mixed with honey and glucose. They are of a very light spongy texture, quite different from that made in this country. After the doughs are prepared they usually remain in tubs for several days before baking. Honey in this country was and is still an expensive commodity, and for this reason black treacle formerly entered largely into the manufacture of gingerbread. The treacle was mixed with other ingredients, such as carbonate of potash and alum, mixed in a bucket and allowed to lie several days before using. This was called *worked treacle*. This mode of preparing the doughs with worked treacle is now superseded by the use, more or less, of golden syrup, which needs no special preparation.

Gingerbread Six Centuries Ago.

Continental Honey Cake.

"Worked Treacle."

Use of Golden Syrup.

The demand for gingerbread in this country is on the wane, no doubt because of the increased variety of other confectionery now made. Slabs of gingerbread are seldom seen, although various kinds of small, very light, spongy ginger cakes are made in most bakeries.

Block Gingerbread

For *block gingerbread* the following recipe will give good results. Weigh down and mix together 5 lb. wheat flour (medium strong) and 1 lb. rye flour. Rub in 1½ lb. butter; make a bay and add twelve eggs, 1½ lb. moist sugar, 1 oz. ground ginger, 8 oz. chopped preserved ginger, 2 oz. mixed spice, 8 oz. finely chopped orange peel, 2 oz. bicarbonate of soda. Make all into a stiff dough with 3½ lb. of golden syrup and 8 oz. of liquid glucose, both slightly warmed. Place the dough into a pan to lie for twenty-four hours; then scale off the sizes required. Pin the pieces out to 1 in. thick, dock, and bake in wooden frames in a cold oven (about 310° F.). While hot, wash over with egg and milk or ordinary stock syrup, or a mixture of gelatine coloured with black jack. If required, a little milk should be added to the dough to assist the other moistening agents, but the dough should not be made soft.

Block Gingerbread Recipe.

Gingerbread Glaze.

Another recipe is here given which will also produce good results. The materials and quantities are: 3 lb. flour, 6 oz. butter or lard, 8 oz. sugar, 1¼ lb. syrup, 6 oz. mixed peel, 4 oz. preserved ginger, ¾ oz. bicarbonate of soda, a little milk. Butter or lard of

Another Recipe.

Why Soda Alone is Used.

the best quality should be used for those mixtures, which contain soda and no cream of tartar. Many of the butter substitutes impart a soapy flavour. Soda alone is used because of the acid present in the syrup, and as the reaction between the soda and these acids is very slow in the cold the dough is allowed to lie for the time stated.

Why Gingerbread is Allowed to Lie before Baking.

Factory Gingerbread

In some districts a cheap round ginger cake is sold, weighing between 7 and 8 oz. These are baked in shallow hoops and are now largely made by the biscuit manufacturers. They may be prepared in the following manner. Weigh down $3\frac{1}{2}$ lb. wheat flour and 1 lb. rye flour. Mix thoroughly with $1\frac{1}{4}$ oz. cream of tartar and 1 oz. soda. Prepare the bay, and add 12 oz. lard, 8 oz. sugar, $1\frac{1}{4}$ oz. ground ginger, $\frac{1}{4}$ oz. crushed cinnamon, $\frac{1}{2}$ oz. mixed spice, a little milk (about $\frac{1}{2}$ pt.), and 3 lb. of warmed golden syrup. Make all into a medium stiff dough, and cover over to rest for two hours before moulding. Scale off in pieces weighing 8 oz., hand up, pin round and lay in greased hoops $6\frac{1}{2}$ to 7 in. in diameter upon greased baking sheets. Dock in the centre and bake in a cold oven (310° F.). While hot, wash over with syrup or a mixture of gelatine and water. Baking in a cool oven is necessary for the above mixtures, as they will sink in the centre, on account of the syrupy nature of the dough, when the oven is at a high temperature.

Factory-made Gingerbread.

Another recipe for block gingerbread to sell in sixpenny pieces is as follows: 3 lb. soft flour, 1 oz. bicarbonate of soda, $\frac{3}{4}$ lb. butter or lard, $\frac{1}{2}$ lb. sugar, $\frac{1}{4}$ lb. orange peel, 2 oz. mixed spice, 2 lb. golden syrup. The butter, sugar, and eggs are well beaten together; then dough is made, the soda, of course, having been thoroughly sifted through the flour. The dough should not be used until it is at least twenty-four hours old. It is then weighed into 12-oz. pieces, and these are singly moulded on the table into oblong pieces about 1 in. thick with the hands. The pieces are then greased round the edges and placed side by side on a greased baking sheet, the edges being kept up with wood upsets, also greased. The top is then marked with a wooden block on which there is a thistle or other design, and the sheet glazed over with egg. It should then be allowed to lie for two or three hours before baking in a cold oven. After it is baked and allowed to cool, the blocks separate quite easily owing to their being greased. The pieces are about 2 in. thick after baking.

Moulded Blocks at Sixpence.

Small oblong pieces of ginger cake glazed with water icing may be prepared from the above dough. Add 8 oz. of extra chopped mixed peel and preserved ginger to the dough, pin out to a little more than $\frac{1}{4}$ in. thick, lay this upon a greased baking sheet, and dock all over. Place greased wooden batons in position to prevent the dough from spreading, wash with milk, divide into sections 3 in. long by 2 in. in

Small Gingerbread Squares.

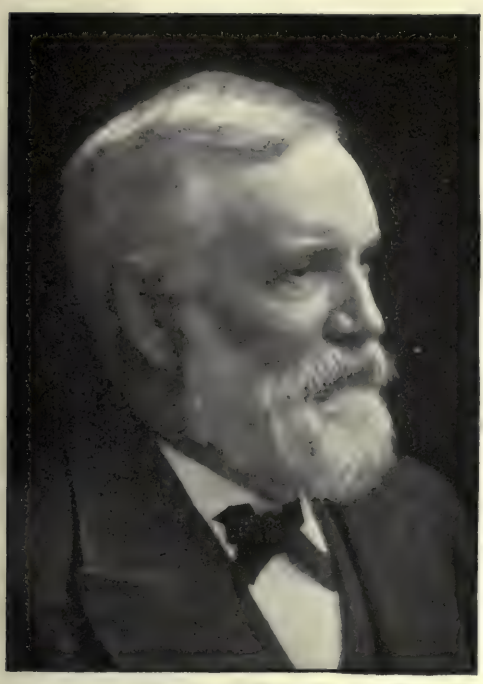
SOME LEADING SCOTTISH BAKERS

SIMON HENDERSON, born at Inverkeithing, Fifeshire, in 1837, spent a few years in Australia after serving his apprenticeship to baking, and in 1866 started business on his own account in Edinburgh. His business grew rapidly, and in 1892 he started the manufacture of biscuits, and is now one of the leading manufacturers in Scotland.

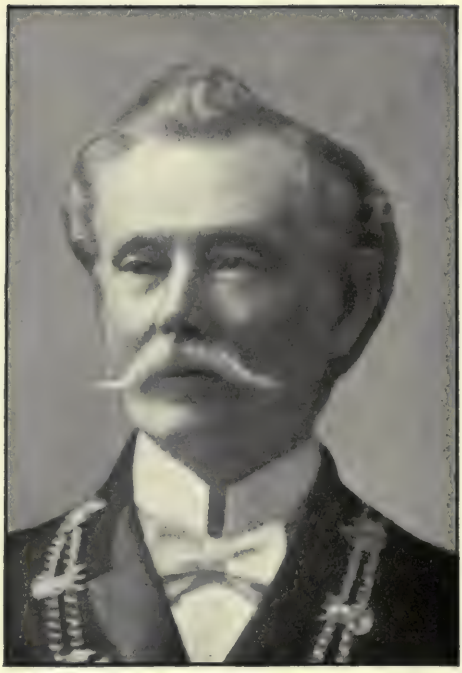
PETER HANLON was born of Irish parents at Maxwelltown, Dumfries, and was for many years in business as a baker in his native town. In 1896 he was President of the Scottish Association of Master Bakers, and in 1898 he became Permanent Secretary of the Association. He has taken an active part in public affairs, and in 1890 he was elected a Bailie of his burgh, having been Treasurer for some years before that. He is an excellent swimmer, and has saved several persons from drowning in the Nith.

ROBERT LYON, born at Colinton, Midlothian, in 1844, started business as a baker in Leith in 1868. He was the first to introduce Vienna bread into Scotland, and now does a very large trade in it. He was an original member of both the National and the Scottish Association, and was President of the latter for one year. He was for three years Chairman of the Scottish Judges at the London Exhibition, and was till 1907 a member of Leith Town Council.

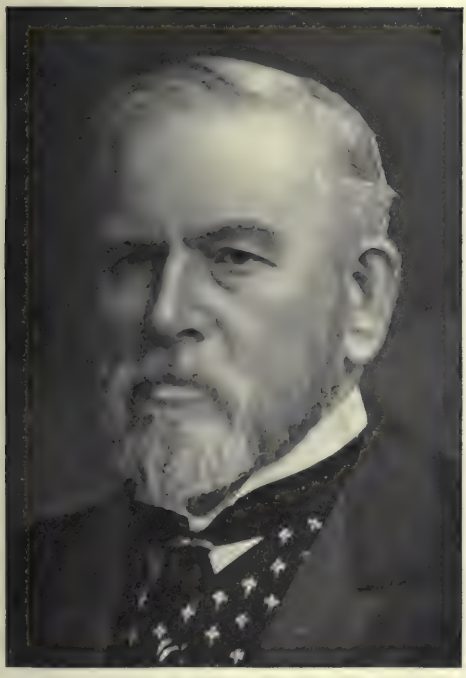
WILLIAM FORWELL, born in Glasgow in 1863, succeeded his father, the Rev. William Forwell, in a baking and biscuit business in Dundee in 1881. Mr. Forwell has always taken a great interest in educational affairs, and is one of the few Scottish bakers who have obtained the First-Class Honours Certificate and prize of the City and Guilds of London Institute. He entered Dundee Town Council in 1906, and was appointed a Justice of the Peace in 1907. He is the President of the Scottish Association of Master Bakers for 1907-8.



SIMON HENDERSON
(Edinburgh)



PETER HANLON
(Maxwelltown)



ROBERT LYON
(Leith)

WILLIAM FORWELL
(Dundee)

SOME LEADING SCOTTISH BAKERS

width, partly cutting through the dough, and bake in an oven at 320° F. Wash over with thin warmed water icing, and cut into pieces to retail at 1*d.* each.

Rich Ginger Cakes

Very light ginger cakes of a rich quality, baked in round hoops lined with paper, are prepared as follows. Weigh into a mixing-bowl 11 oz. butter and 4 oz. castor sugar, with 1 oz. ground ginger, and beat these ingredients together. When the mixture is quite light, mix in six yolks; then add 8 oz. chopped preserved ginger, 5 gills golden syrup, 1½ lb. soft flour, and ½ pt. milk with which has been incorporated ½ oz. bicarbonate of soda. Begin to mix these ingredients lightly together, and add at the same time the whites of six eggs beaten to a stiff froth. Scale off in papered hoops 6 in. in diameter, in 1 lb. portions; bake in a moderate oven (about 340° F.). Finally wash with milk. These cakes are retailed at 9*d.* each. **Ginger Cakes.**

Another light ginger cake, made in shallow oval pans, greased with clarified butter, is prepared in the following manner. Cream together in a mixing-bowl 1 lb. butter, 12 oz. castor sugar, ½ oz. ground ginger, ½ oz. mixed spice. Beat in nine large eggs, two at a time, add 2 lb. of flour with which has been incorporated ½ oz. cream of tartar and ½ oz. bicarbonate of soda. Mix all together into a light smooth batter with 1 lb. of golden syrup slightly warmed. Dress some shallow oval pans with butter, place a few split almonds in the bottom, and weigh 8 oz. of the mixture into each pan. Bake in a moderate oven (about 370° F.). When baked turn upside down on a wire tray. Retail at 4*d.* each. **Another Light Ginger Cake.** **Oval Almond Ginger Cakes.**

Another ginger cake, to retail at 8*d.*, is prepared from the following recipe. Weigh into the mixing-bowl 12 oz. butter, 8 oz. castor sugar, and 2 oz. mixed spice. Beat all to a cream, work in six eggs, add 4 oz. finely chopped orange peel, 6 oz. sultanas, 1 lb. 14 oz. plain flour with which 10 oz. of patent flour has been mixed. Mix all together into a light batter with 2 lb. 2 oz. of warmed golden syrup. Paper seven cake hoops about 5½ in. in diameter, and divide the paste equally between them.

Iced ginger cakes may be prepared by covering the top of these cakes with fondant flavoured with syrup from jars containing preserved ginger. Decorate the tops with thin pieces of ginger, split bright cherries, and diamond-shaped pieces of angelica. **Iced Ginger Cakes.**

CHAPTER LXXXII

CAKE MANUFACTURE

Cake-making is an important branch of the confectioner's work, and it is one of the parts very much neglected by confectioners themselves, as well as by those in charge of confectioners' shops. A good deal of the cake trade has in consequence been transferred to grocers, who are supplied from factories. Cakes are very often spoiled in the first instance by bad manipulation, and frequently by bad baking, &c. Their appearance is sometimes spoiled by bad cutting, or by exposure to the air, the direct rays of the sun, or the dust which is inevitable in an open shop. When the sale is small, it is better to keep cakes in a close glass case, where they are free from dust, retain their moisture, and have not the parched and stale appearance which so readily drives possible customers away. In the matter of fruit cakes there is a tendency to overload them. Many customers prefer to eat a piece of rich plum cake, which is not overloaded with fruit, rather than the sickly, sugary, (so-called) fancy cakes which are often exposed for sale. Confectioners who travel on the Continent find very little cake made like our English sorts. Nearly all the confectionery in these shops could be classed as fancy confectionery, but these goods are not suited to the tastes of our people.

How Cakes are Spoiled.

Display and Stocking of Cake.

Overloaded Fruit Cake.

Continental Cakes.

Where best cake is required the confectioner should use only the best materials. Butter intended for best cake should have plenty of body, and be free from salt and water. If only salt butter can be obtained it must be well washed, and then have the water squeezed out of it. For creaming purposes this should, in cold weather, be slightly warmed but not melted, and then beaten up (if intended for, say, rich plain Madeira cake) with fine-grained castor sugar, until it becomes a light, soft, creamy mass. At this stage the eggs should be added, and beaten into it gradually, care being taken not to beat the batter all over the bowl, but to keep it well together in the centre, at the same time mixing in the eggs. When this is ready for the flour (which should be of a rather soft but high grade) it should be stirred in as lightly as possible, so as to obtain a smooth, light batter. In the case of a rich Madeira cake there is nothing more to add that is essential. The mixture is then scaled off into hoops for small cakes, or wooden frames for large ones, and baked in an oven at a suitable temperature.

Use of Salt Butter.

Methods of Beating Batter.

Usually, rich cakes weighing 1 lb., and baked in hoops 5 to 5½ in. in diameter, will take from thirty-five to forty minutes to bake. Where rich cakes are required very fine textures may, or should be, obtained with eggs; but where these have to be reduced in quantity, and chemical raising powders used along with milk, there is some

Time to bake Small Cakes.

difficulty in producing such a fine texture, especially if the old method of creaming up the butter and sugar is followed. At the same time good texture can be obtained when the cakes are carefully made.

At the initial stage the batter should be carefully beaten up so as to get as much air as possible into it, without knocking out any of that previously beaten in. Where a good trade is done, a great saving of time and labour is effected if a cake machine is used. A machine to be used either for rich or cheap cakes should be geared to produce a high or a low speed as required. Though using a cake machine will generally give better results, yet care and thoughtfulness must be exercised in its working; otherwise cakes made with the best of materials will be unfit for sale. All butters before being placed in the machine, especially in cold weather, should be rubbed down on the slab, then added with the sugar, which should be warmed if the butter is still firm and the bakehouse cold. With the machine running at the fast speed, beat the fat and sugar to a light cream; if the mixture is for a rich cake add the eggs as fast as they can be beaten up, then stop the machine, and turn out the batter into a large pan, and very lightly stir in the flour. Unless one has had a great deal of experience, for the best cakes it is advisable to stir in the flour by hand. This need not be done where the mixture is for cheap cakes, containing no eggs, for in this case it will improve the texture if the flour is added slowly to the machine while it is running on the slow speed, and about four or five minutes should be allowed for this operation. At this stage, while speaking about adding the flour in the machine, we may remark that it is essential that the whole liquor to be used should be added at the same time as the flour; otherwise there will be a comparatively tough dough made first, with which it is afterwards extremely difficult to mix the milk without producing excessive toughness. The question may be asked: "Why stir in the flour by hand for the rich cake, and use the machine for the cheaper quality?" The answer is that the rich cake contains a large quantity of eggs, and if carefully made, the batter should be filled with multitudes of little air-cells, and there is danger of these being broken up if the flour is worked in by machine, with the result that the whole mixture is likely to become heavy. That is why many confectioners prefer to mix the flour in by hand; some even go so far as to say that the eggs should not be beaten up by machine, but we do not agree with this. With the cheaper cake, which may contain very few, if any, eggs, provided that all the liquor required for the mixing has been added in with the flour, as previously stated, the machine mixes it better than can be or at least usually is done by hand, and with this cake, which contains powder to aerate it, there is not the same danger of spoiling as with the rich mixture.

To Aerate the Batter.

Machinery in Cake-making.

Soften the Butter before Machining.

Mixing Flour by Hand.

Method of preparing Cheap Cakes.

To Avoid Toughening the Mixture.

Why the Machine may make Cakes heavy.

Very good results may be obtained—and the method is adopted by

some confectioners for their rich Madeiras—by mixing up the butter with a small quantity of flour on the board, beating up the eggs and sugar warmed in a sponge machine for five minutes, and then carefully stirring these into the butter and flour which have been mixed together, and last of all adding the remainder of the flour. Where these cakes are carefully made, the mixing will take more liquor, and give a very fine texture; but sad results will be obtained if too much flour is added with the fat in the first instance, or if that is overworked, as this will toughen the cake, causing it to come up to a small point and to draw in at the sides. Manufacturers of cheap slab cake will find, if they adopt this method for the cake from 6*d.* a pound downwards, it will give them more profit than working by the old method, as more liquor and sugar may with good results be added to the mixing. The method is as follows, and may be recommended to those confectioners who have to make cheap slab cake to compete with cutting grocers. Place the fat or oil, together with a small quantity of flour free from chemicals, into the machine; mix all these well together at the slow speed, and then put the machine on to the fast speed for a few minutes. Stop the machine, and add the remainder of the flour, into which the chemicals have been well blended; pour in the milk, to which the colouring and flavouring have been added, and in which the sugar has been dissolved; put the machine on to the fast speed for three minutes; then finish at the slow speed until the batter is smooth. Cheap cakes made by this method, if care is taken, should have a close and even texture.

New Method of Beating Fine Cakes.

To Cause Batters to take more Liquor.

Method of Mixing Cheap Slabs.

Fats suitable for these cheap cakes may be obtained from the firms who make a speciality of butter substitutes. (See Vol. I, Chaps. XLIII and XLIV.) One quality essential in such substitutes is that they be quite neutral with regard to taste. Some of these give very good results in rich cakes by mixing one-third to two-thirds of butter, but as a rule reducing slightly the total fat in the mixing. All pastry cooks are agreed that, where the cost is no object, butter is the best fat to use, but with the present keen competition, and with best cake retailed at 8*d.* per pound, the price of butter alone does not permit of a fair profit. It is possible that cake made with butter and no substitute could be made to sell at 8*d.* per pound, but the other ingredients would have to be reduced in quality to meet it. However well and carefully made, butter contains other things besides pure fat, of which the following may be mentioned: salt, curd, milk, sugar, &c. Where these are found together with water in large quantities the butter is not economical even if cheap. Some opposition to the use of butter substitutes has been brought about by the mistake of using them with best butter, and taking for 1 lb. of butter in the recipe 1 lb. of substitute in its place, with the result that the cake when baked not only has a greasy appearance, but is found to be fatty when sampled, and at once the substitute

Butter Substitutes in Cakes.

Cheap Cakes with Butter only.

Non-economical Butter.

Wrong Use of Butter Substitutes.

is condemned, especially if common essences have been added to the mixing.

There are two kinds of thick crusts which some cakes have. The first of these is caused by the cake being overbaked in a very hot oven. Where this is so, the cake, if a very rich one, has a huge crack in the top caused by the heat of the oven forming a crust before the inside has finished aerating; then as the interior air or gas expands, it cracks the crust to escape. This crack spoils the appearance of the cake, and when cut it will generally be found to be close and heavy in texture. To guard against this it is necessary to bake them at a suitable temperature, noting that the richer the cake the longer the fruit takes to bake; and if 380° F. in an ordinary steam oven is a suitable temperature for ordinary 1s. Madeiras, the large fruit cakes should have a lower temperature. If this lower temperature cannot be obtained, place around the wooden frame or hoop a thick band of newspaper, also one on top. Where side-flue ovens have been employed during the morning for small goods, &c., rich cakes should be baked in them late in the afternoon, so long as the oven is not too cold to merely boil the cakes. If these rich cakes are baked too slowly, the inside will have a deep colour as if dark sugar had been used. The second kind of thick crust referred to may only be on top of the cake, and in this case may be caused by an excess of fat and sugar being mixed together, or otherwise insufficient flour. In this case the mixture will not bake, but only forms a kind of syrup in the oven, and the cake sinks in the centre. A cake made under such conditions would have a thick shiny crust, and be liable to crumble when touched. The inside of the cake would be heavy, having more the appearance of pudding than cake. Where light cheap cakes are required, and the quantity of sugar is increased, the fat must be reduced; otherwise a light cake will not be obtained.

Thick Crusts on Cakes.

Cause of Hard Cracks on Cakes.

Temperatures for Cake-baking.

Rich Cakes Spoiled by too Cold an Oven.

Cakes that Sink.

As stated above, an excess of fat and sugar may cause this; but there are other causes. If a cake is made too light with eggs or powder, and an insufficient quantity of flour is added, it will drop in the centre. Another frequent cause is the moving of the cakes while in the oven before the mixture has properly set. The same defect is produced if the cakes are removed from the oven before being baked sufficiently.

Where a cake batter curdles, the texture will not be so even as if curdling had not taken place. Sometimes the mixture will curdle through the eggs being added too quickly; or if the butter contains too much water this forms a syrup with the sugar; and after a certain quantity of eggs has been added, the batter will slip and slide about, and will not amalgamate with the other ingredients. Weak, watery eggs are another cause of this happening; and although this may be checked by adding a little flour at the right time, yet the cake would

Cakes Sinking in the Centre.

The Curdling of Mixtures.

be better if it were unnecessary to add any flour until all the eggs had been beaten in, that is, if the batter had not curdled.

Fruit for Cakes.

Currants or sultanas for cakes should not be too large, but of medium size, sweet, and fleshy. Cheap dry sultanas should not be used. Though there is no need to wash sultanas, yet if the fruit is inclined to be very dry it will be better to do so than to put them in to spoil the appearance and flavour of the cake. Currants should always be washed, cleaned, and partly dried before using. Orange, lemon, and citron peel should be of good colour and flavour. They should not be added to cake mixtures in chunks, as is so often done, but should be in long shredded pieces. Large pieces of peel are sometimes the cause of a cake cutting badly.

Baking Cakes at a Suitable Temperature.

In baking rich cakes—speaking of the size retailed at 1*s.* to 2*s.* each—a fairly sharp oven is necessary, one which will bake the cakes in a short time, and yet leave them with a nice golden bloom. As previously stated, a cake weighing 1 lb., baked in a hoop 5 in. in diameter (which is a suitable size, and will cause the cake to have a bold cauliflower head), in a fairly warm oven, will bake in thirty-five to forty minutes. Even steam-pipe ovens bake cakes at very varying temperatures. While 380° F. may be considered a sound hot oven in one case, another oven will not produce the same results unless it is about 420° F. The baking is more important than most confectioners imagine; and when working with the same oven day after day, a man up to his work will soon know what temperatures are suitable for certain cakes, and will not allow them to remain in too long. It is really best to time cakes accurately under varying temperatures, and keep a record. This is not an infallible guide as to their readiness, but it is some indication that may at least save worry. If this principle is thoroughly learned, there will be fewer complaints about cake drying so quickly. The same principle applies to all kinds of confectionery. When the articles are left in the oven some minutes after being baked, even if the oven is not sufficiently hot to burn them, some of the moisture will be evaporated, with the result that they will dry more quickly when kept in the shop.

Baking Cakes in Batches.

Where possible, cakes should always be baked in fairly large batches; and if these are slab cakes, the door of the oven should be kept closed until they are baked. A temperature which will bake a cake $3\frac{1}{2}$ to 4 in. thick, and weighing 6 to 8 lb., in about $2\frac{1}{2}$ hours is the best; this refers to a cake having a medium quantity of fruit. Rich Genoa cakes would take longer, as they contain more fruit, and a slower oven would be required for these. Avoid using a slack oven for plain seed Genoa or Madeira cakes, as these being longer in the oven in baking are apt to cut with a bad colour and be very close in texture, and in such circumstances may show a thick dark streak in the bottom of the cake.

In preparing large hoops for wedding cakes, a thick band of cartridge paper or brown paper should be placed around the inside, and a thick band

of newspaper should also be tied on the outside of the hoop; and when the bottom heat of the oven is rather sharp, the baking sheets with the cakes should in their turn be laid upon other baking sheets covered with a thick layer of sawdust or of ashes from the furnace. In some bakeries these cakes are placed in the oven overnight, and allowed to remain in the best part of the night. When very thick cakes have to be baked this is not a bad arrangement, and if a large thick cake weighing, say, about 30 lb. requires about 9 or 10 hours to bake, to ensure that the very centre is thoroughly done, it is a good expedient to bake a tube or pipe about 2 in. in diameter there, the hole left when the pipe or cylinder is removed to be afterwards filled in with almond paste.

Baking Wedding Cakes.

Wedding cakes should be made at least two months before being required for orders, lying for two days after baking to become quite cold, then washed over with a mixture of rum and brandy, or a liqueur like maraschino. Wrap each cake separately in grease-proof paper, and stick on a ticket giving the date when made and also the weight of cake. Store them in a dry cupboard lined with zinc, a small piece of perforated zinc being fixed in the door so as to permit a little air to enter the cupboard. Too much care cannot be exercised in storing ordinary cakes, and the instructions given for storing wedding cakes, except only the washing over with spirit, may with advantage be followed in the case of all slab and large cakes when not wanted for immediate sale.

Storing Wedding Cakes.

For best cakes, and all that are required of a light colour, fine-grained castor sugar should be used. With coarse-grained sugar there is a danger of producing specks which show on the cakes after baking, unless they have been made by the method of beating up eggs and sugar together with a whisk over the *bain-marie*, and so dissolving the grains of sugar. Sugar tends to improve the texture of cakes, and when cheap cakes are made plenty should be used, provided the cake is not made too sweet. It should be dissolved in the liquor before being added to the fat and flour. Barbados sugar should be used for rich Dundee or other dark fruit cake; for wedding cakes, when possible to obtain it, use *foot sugar* (see Vol. I, p. 265), which imparts an agreeable flavour and a rich colour to the cake.

Sugar for Cake-making.

When cherries are used in cakes, they not infrequently sink to the bottom during baking. In many instances this trouble is brought about by the fruit either being very large, or containing a large quantity of syrup or water. The presence of excess water is not the fault of the preservers, but very often of the confectioner himself. Finding the cherries covered with a thick syrup, some men steep them in water for a long time until they become sodden, whereas they should be washed at once in only a little water, and then thoroughly drained. This steeping process destroys any flavour the cherries may have. The best way to clean off the syrup is to put the cherries in a coarse wire sieve, then to lower this into a bucket of water for a few seconds, and only pass

Cherries Sinking in Cakes.

the hand quickly amongst the fruit; next to raise the sieve and give the fruit a good shaking, and lay out on a clean cloth to dry well before using. Always prepare them some hours before they are needed. It is often a saving of time and money to pay a good price for superior cherries instead of buying cheap brands containing an excessive amount of syrup, which increases the weight but is not value for cherry price. In selecting cherries for slab or pound cakes, choose those of a good bright colour, rich in flavour, small and fairly dry.

Heavy Cake.

The cake which may be termed heavy is possibly a cake which has been made from a mixing insufficiently beaten up, especially if the recipe is a rich one. It may have been beaten up by one who pours in the eggs too quickly, causing the mixture to curdle badly, then beating in flour to try to obtain a good batter. After reading an explanation as to how a mixture should be beaten up, the whole thing may appear very easy, but a great deal of practice is required before one can become a good cake-maker. With a rich mixing especially, it is not always the workman who puts a great deal of labour into the beating who makes the best cake. In many instances heavy cake results from the operative not keeping all the ingredients well together in the body of the pan and beating the mixing thoroughly, though lightly, but doing just the reverse, and so breaking down what air-cells have formed in the batter, thereby causing it to become heavy.

Eggs.

Eggs are used in cake-making both as an aerating agent and as one of the "wetting" materials. It is not always economy to buy cheap eggs, for such eggs are small, weak, colourless, and often very stale. Where a fairly good confectionery trade is done a reasonable price should be paid, and eggs obtained which will give satisfaction both in strength and colour. Unfortunately, sufficient attention is not always paid to this matter. Eight large eggs, if fresh, will give better results than twelve watery ones. Many confectioners formerly pickled eggs, when these were cheap, mostly in lime-water; some are doing it now with good results.

Pickling of Eggs.

Others prefer to put them in what is known as water glass, which is much cleaner (see Vol. I, p. 279). The pickling process more or less weakens the whites, and for some mixings where the whites have to be whisked up perfectly stiff they are not always suitable, as these by being kept in stock have become watery, the change occurring with age causing the white to lose its viscous nature. As a commercial precaution, and as pickled eggs are entirely suitable for most purposes, it is well to buy them when cheap, obtaining them as fresh as possible, and to store them away carefully in the water glass—preferably in a cool cellar—in small or large tubs. While on the subject of eggs, it should be noted that there is an economical and a wasteful way of breaking them. The thumb should always be passed round the inside of the shell to remove the adhering white. Where very large quantities are used, a large tin should be kept with a perforated false bottom into which the broken shells can be thrown; then at the end of the day these shells are mashed up, and the

SEED ALMOND CREAM SULTANA

GENOA TENNIS RICE

TYPES OF SLAB CAKES

whites they contain run through the false bottom into the pan underneath. The quantity of egg white thus obtained may amount to a quart out of about 300 eggs.

The following recipes for small and large cakes are all mixtures constantly used in practice with the best results. Some of them are illustrated on the Plate, TYPES OF SLAB CAKES.

Madeira Cake at 1s. per lb.

No. 1.
2 lb. butter.
2 lb. 6 oz. castor sugar.
2½ lb. eggs in shells.
½ pt. milk.
½ oz. No. 1 powder.
2¾ lb. flour.
Zest of lemon.

No. 2.
1¾ lb. butter.
1¾ lb. sugar.
2¼ lb. eggs in shells.
2¼ lb. Vienna flour.
1 oz. No. 2 powder.
¼ lb. marzipan paste.

No. 3.
2½ lb. butter.
2¼ lb. sugar.
3 lb. eggs in shells.
2¼ lb. Vienna flour.
¾ lb. scone flour.
Zest of lemon.

No. 4.
1½ lb. butter.
6 oz. neutral fat.
2 lb. 6 oz. sugar.
3½ lb. eggs in shells.
3¼ lb. flour.
2 oz. No. 1 powder.
Zest of 2 oranges.

Madeira Cake at 8d. per lb.

1½ lb. butter.
½ lb. neutral fat.
2½ lb. castor sugar.
2 lb. eggs in shells.
5 lb. Vienna flour.
1 qt. milk.
1½ oz. cream.
¾ oz. soda.
Essence of orange.

Madeira Cake at 6d. per lb.

1¼ lb. butter.
¼ lb. neutral fat.
2½ lb. sugar.
10 large eggs.
5 lb. strong flour.
1 qt. and ½ pt. milk.
2 oz. cream.
1 oz. soda.
Essence of orange.

Plain Genoa at 1s. 2d. per lb.

2 lb. butter.
2 lb. sugar.
2¾ lb. eggs in shells.
2½ lb. flour.
¼ oz. No. 1 powder.
Vanilla flavouring.

Seed Genoa at 1s. 2d. per lb.

2 lb. butter.
2 lb. sugar.
2½ lb. eggs.
2½ lb. flour.
½ oz. No. 1 powder.
2½ oz. caraway seeds.

Empress Genoa at 1s. per lb.

2 lb. butter.
2¼ lb. sugar.
2½ lb. eggs in shells.
2½ lb. flour.
6 oz. scone flour.
½ pt. milk.
1½ lb. shredded citron.
1½ oz. caraway seeds.

Fruit Genoa at 1s. per lb.

3 lb. butter.
¼ lb. neutral fat.
3 lb. Barbados sugar.
4½ lb. eggs in shells.
4½ lb. flour.
1 oz. No. 1 powder.
3 lb. sultanas.
2 lb. currants.
1½ lb. mixed shredded peel.
¾ lb. chopped almonds.
½ gill rose water.

Cherry Genoa at 1s. 2d. per lb.

2¼ lb. butter.
2¼ lb. sugar.
2¾ lb. eggs in shells.
3 lb. flour.
1 oz. No. 1 powder.
2½ lb. split cherries.
1 lb. of shredded citron.
Liqueur glass of noyau.
¼ lb. ground almonds.

Sultana Genoa at 1s. per lb.

1¾ lb. butter.
¼ lb. neutral fat.
2 lb. sugar.
2½ lb. eggs in shells.
3 lb. flour.
2 lb. sultanas.
1 lb. mixed peel.
1½ oz. No. 1 powder.
½ pt. milk.
Essence of orange.

Fruit Cake at 6d. per lb. (machine-made)

2 lb. butter.
4¼ lb. neutral fat.
7 lb. sugar.
11 lb. flour.
3¼ pt. milk.
1 oz. cream.
½ oz. soda.
4 lb. sultanas.
9 lb. currants.
1½ lb. peel.
46 eggs.
½ lb. chopped almonds.
Egg-colour essence.

Rice Slab at 6d. per lb.

10 lb. flour.
1 lb. ground rice.
8 lb. sugar.
6½ lb. neutral fat.
2 qt. eggs.
1½ pt. milk.
1½ oz. No. 1 powder.
2 oz. glucose.
1¼ oz. salt.
Egg colour.
Essence of lemon.

Lemon Madeira at 3d. per lb.

14 lb. soft high-grade flour.
2 lb. ground rice.
1 lb. corn flour.
3½ lb. neutral fat.
1½ lb. oil.
10 lb. castor sugar.
2¼ oz. salt.
4 qt. and ½ pt. milk.
10 oz. glucose.
6 oz. No. 1 powder.
Egg colour.
Essence of lemon.

Fruit Slab at 3d. per lb.

17½ lb. flour.
3½ lb. fat.
1 lb. oil.
9 lb. sugar.
7 lb. currants.
1 lb. peel.
4½ qt. milk.
½ lb. No. 1 powder.
3 oz. salt.
Egg colour and essence of rum.

These two mixings of plain or fruit cake to be made up by the method given, where the oil, fat, and part of the flour is mixed together.

Fruit Cake at 1s. per lb.

5 lb. butter.
5 lb. castor sugar.
5 lb. 10 oz. Vienna flour.
2 lb. scone flour.
8 lb. eggs in shells.
6 lb. sultanas.
1½ lb. mixed peel.

Alexandra Cakes at 1s. per lb.
(Scale off 1½ lb.)

1 lb. butter.
½ lb. neutral fat.
1¾ lb. sugar.
4 lb. flour.
2½ lb. currants.
1¼ lb. sultanas.
¼ lb. peel.
12 eggs.
1 qt. milk.
3 oz. No. 1 powder.

Sultana Slab (machine-made) at 8d. per lb.

11 lb. soft high-grade flour.
4 lb. neutral fat.
3 lb. butter.
7½ lb. sultanas.
3 lb. mixed peel.
2¼ qt. eggs.
1 qt. and ½ pt. milk.
1½ oz. No. 1 powder.
6¾ lb. sugar.
Little rum essence.
Little egg colour.

Cherry Slab (machine-made) at 10d. per lb.

6¾ lb. sugar.
3 lb. neutral fat.
4¼ lb. butter.
11¼ lb. flour.
7 lb. small cherries.
3 lb. sultanas.
2½ lb. shredded peel.
2½ qt. eggs.
1 qt. and ½ gill milk.
1½ oz. No. 1 powder.
Essence of noyau.
Little egg colour.

Wedding Slab Cake at 1s. 6d. per lb.

8 lb. butter, best.
8 lb. Barbados or foot sugar.
12 lb. eggs in shells.
10 lb. flour.
2 lb. ground almonds.
2 lb. soft split almonds.
20 lb. currants.
10 lb. sultanas.
8 lb. mixed peel.
6 lb. cherries.
Zest of 8 lemons.
Zest of 8 oranges.
1 oz. mixed spice.

Rich Dundee Cake at 1s. 2d. per lb.

6 lb. butter.
5½ lb. Barbados sugar.
6 lb. sultanas.
8 lb. eggs in shells.
1 lb. ground almonds.
7 lb. flour.
4 lb. mixed peel.
2 lb. currants.
Zest of 8 oranges.
Split almonds, sugar, and white nonpareil on top.

Cakes to be washed over while warm with orange juice made into syrup.

Dundee Cake at 10d. per lb.

6 lb. butter.
6 lb. Barbados sugar.
8 lb. flour.
9 lb. eggs in shells.
6 lb. currants.
4 lb. sultanas.
2 lb. mixed peel.
Split almonds and sugar on top of each.

Rich Christmas Cake at 1s. 2d. per lb.

10 lb. butter.
10 lb. Barbados sugar.
13 lb. soft flour.
2 lb. scone flour.
16 lb. eggs in shells.
15 lb. currants.
13 lb. sultanas.
4 lb. stoned raisins.
6 lb. mixed peel.
2 lb. ground almonds.
2 oz. mixed spice.
Zest of 12 oranges.
Zest of 12 lemons.

Cheap Christmas Cake at 8d. per lb.

2 lb. butter.
2 lb. neutral fat.
6 lb. pieces.
12 lb. flour.
2 lb. scone flour.
3 qt. milk.
6 lb. eggs in shells.
2 oz. spice.
12 lb. currants.
6 lb. sultanas.
2 lb. orange peel.

CHAPTER LXXXIII

PIPING WITH ROYAL ICING

Royal icing, or glacé royal, is usually prepared with egg whites, acetic acid, ultramarine blue, and icing sugar. Egg whites used for this purpose give better results when separated from the yolks some hours before being used. There are several substitutes for white of egg which may be used, and some of these produce icing which dries whiter than that made with white of egg. This is an important point when the icing is to be used for show dummies, as in some cases these are kept for several years.

Royal Icing.

The dull appearance and yellowish colour of icing is due in many instances to insufficient beating and to its containing too much sugar. The whites should be free from any particle of yolk, and all utensils should be scrupulously clean, as the least spot of grease is sufficient to make the icing heavy. Complaint is often made as to royal icing drying hard and flinty. This is the one objection to its use, but if it is prepared in a light form, the sugar does not eat so hard as when imperfectly mixed.

Why Icing is sometimes Dull and Yellow.

Hardness of Royal Icing.

Large quantities are best prepared in a sponge machine, scalded out with hot water. Two-thirds of the sugar should be added to the whites (or substitute) in the machine, and the remainder stirred in when transferred to the icing-bowl (fig. 73). To prepare a small quantity with half a pint of whites, about 3½ lb. of icing sugar is required. Place in the pan about two-thirds of the sugar, and mix thoroughly with the whites, add a pinch of blue on the point of a knife, and then add to this a few drops of acid. Beat this steadily until the sugar stands upright as the spoon or spatula (fig. 74) is raised from it. Stir in the remainder of the icing sugar, cover with a damp cloth or, better still, with a cover made of plaster of Paris previously soaked in water. As it is the usual practice to keep in stock a pan of icing, the plaster top made to fix on the basin is very efficient to keep the icing moist without causing it to soften by absorbing moisture, as happens when a repeatedly damped cloth is used. Where a damp cloth is in use, this naturally dries in a few hours and requires re-wetting. The moisture from this rather damages the icing, and the cloth becomes sticky and dirty.

Preparing Royal Icing.

Sign of Readiness.

Plaster Cover for Bowl.

Fig. 73.—Icing-bowl

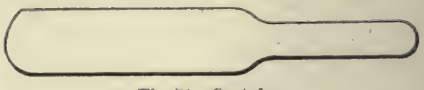


Fig. 74.—Spatula

Anyone can make a plaster top (fig. 75) for an icing-bowl. A ring is made with a piece of clay, or a piece of hoop iron, on a smooth tray, just a little larger than the bowl for which the cover is intended, and a round piece of clay is placed at one part inside the ring, so that when the mould is made there will be a deep notch in the edge, large enough to allow the spatula to pass through, so that the latter may remain in the icing while the lid is on. The ring should be made on a smooth flat tin previously greased. The basin itself should then be greased round the inside of its top edge, and turned over and supported on two or three small plugs of wood about $\frac{1}{2}$ in. thick, and inside the ring previously made. The plaster, made into a soft paste so that it will run readily, is then poured in the outer part of the ring, until a slab of plaster is formed about $\frac{3}{4}$ in. thick. This will cover the edge of the upturned basin, and leave a gutter all round the inside of the plaster when it is set, which will fit on the top of the basin. This prevents the plaster lid from shifting or falling off. After the cast is made it is allowed to stand several hours until it sets quite hard; then the bowl and the ring are removed and the lid is ready for use, except that it may require to have the rough parts trimmed.

Making Plaster Cover for Bowl.

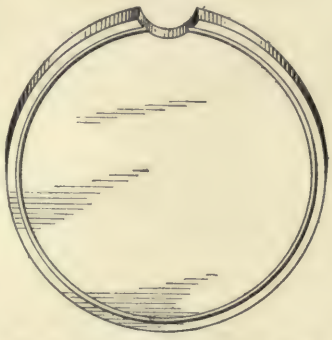


Fig. 75.—Plaster Top for an Icing-bowl

The hardness of royal icing when it dries is a great disadvantage, and on this account it is becoming the custom more than ever to cover birthday and Christmas cakes with fondant icing. This difficulty, however, may be overcome by adding to the icing, prepared with half a pint of whites, half a gill of white glycerine. This keeps the inside of the sugar mellow, while the outside is dry. Icing made in this way is preferable to fondant, especially when the cakes have to be stocked for several days.

To keep Icing Soft.

The use of acid in icing serves a twofold purpose. Mixed with the blue, it dissolves the colouring and prevents spots; but its principal use is to toughen the whites. When too much acid is used, it gives the sugar a strong pungent odour, spoils the colour, and hardens the icing. For the purpose of carefully adding the acid, the use of a small dropping-bottle is recommended. This is safe and clean to use, and reduces the danger of adding more than is necessary.

Why Acid is used in Icing.

Blue is added to give the sugar a delicate bluish tint, which produces the impression of whiteness. If prepared without it, the icing dries a creamy colour. The dropping-bottle may also be used for adding the blue, which, for the purpose, is dissolved in a little weak acid. It is really better to add blue and acid together in the liquid state as a means of keeping the colour of different mixings all alike.

Why Blue is used.

Cakes or dummies to be iced over, generally receive two coatings of sugar. These should be spread on with a clean, bright palette knife, or

with a thin, firm lath of wood. It is a mistake to dry the sugar in a hot temperature, as it is liable to crack and to dry yellow. A warm cupboard should be used for drying, and the cakes should be kept there till the surface only is dried. For the iced cake to be perfectly smooth on top and around the sides, an iron turntable (fig. 76) which is true and revolves easily should be used. Those made of wood are not so serviceable, especially for large cakes, and do not wear as well as the iron ones.

Coating the Cakes.

When the cake is iced over as smooth as it can be with the palette knife, a quite smooth and glossy top may be obtained by softening some of the icing with a little white of egg to such a consistency that it will just run smooth on standing. It is not sufficient that the icing sugar and whites be mixed soft at first and then poured on the cake, as icing prepared in this way dries quite yellow. The icing must be beaten up firm in the usual way, as if for piping, then thinned down with whites as above described. The usual quantity of blue and acid is used. This icing will dry as white as the other parts of the cake. It is poured on to the centre of the cake, as nearly as possible in the proper quantity, then spread with a palette knife to about $\frac{1}{2}$ in. from the margin of the cake all round, and the spreading completed so that the last $\frac{1}{2}$ in. is very thin. If the knife marks are too visible, they will disappear if the cake is taken in both hands and swung up and down several times. Care must be taken not to make the icing for this soft top too thin, or it continues running over the edge, and also dries with a watery appearance.

Making Smooth Top for Cake.

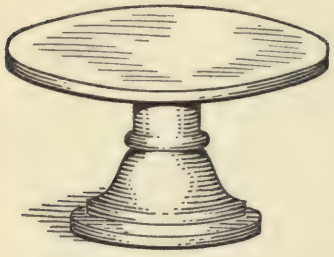


Fig. 76.—Turntable

Effects of Thinning too much.

Very little written instruction can be given as to the method of piping with royal icing. For piping, the beaten sugar should be light and firm. Fine-cut tubes are best, those made for use with a paper cornet being most suitable. There are many obsolete piping tubes in use which should be avoided. Most of these are coarse-cut, and give a clumsy appearance to the finished work. Cut paper cornets will make a better design than many of the tubes referred to. In the hands of a skilful piper, cut paper bags are in fact quite sufficient tools to produce the most elaborate designs with perfect finish, but for this purpose stiff paper is better than the thin glucose paper used for ordinary work with pipes. Some kinds of thick scroll work, leaves of all sorts that are made at one operation, and rustic printing or writing are better done with paper only than with pipes. When, however, it is necessary to have sugar lines quite round, or when the work has to be very fine, it is better to use pipes (fig. 77).

Obsolete Tubes.

Use of Paper Cornet only.

Very short notice is at times given for ornamenting cakes and other articles. These are mostly extras to the ordinary day's shop list, and are

yet required with a neat finish. The general public will not pay for work which takes a long time to prepare, no matter how carefully finished. This should be remembered by the youth who is anxious to become thoroughly practical. Constant practice, aided by a fair knowledge of freehand drawing, is required to master the art of piping.

Piping on Prepared Tin, &c.

Piping on greased or waxed pieces of tin or zinc is now much practised for decorating show cakes. This is tedious work, and requires care and patience, especially as many of the fragile pieces get broken as they are taken from the waxed paper on which they are piped. The demand for sugar centre pieces to serve as ornaments for the

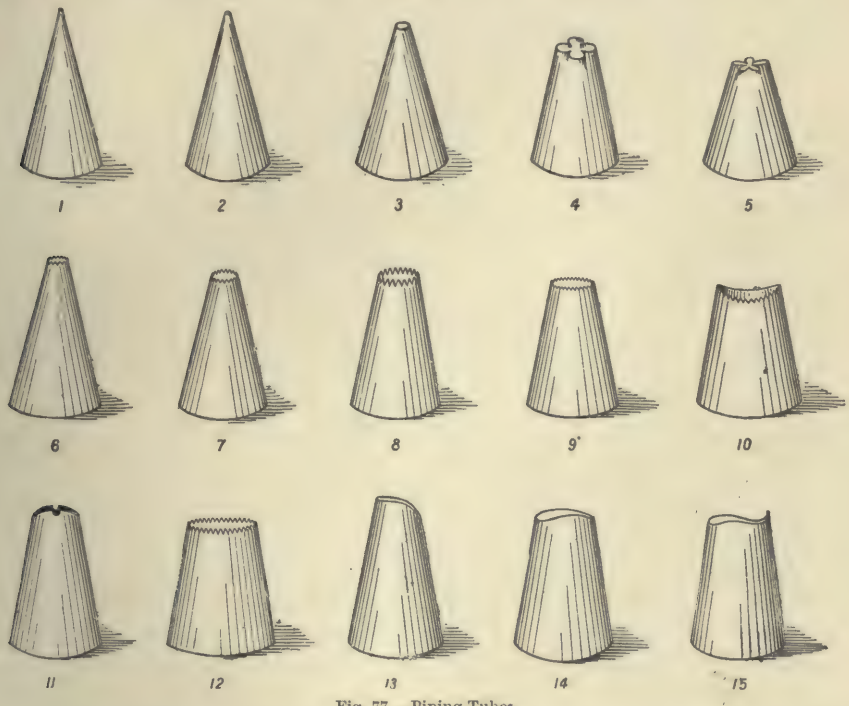


Fig. 77.—Piping Tubes

1, 2. Plain writing tubes. 3. Plain round tube. 4, 5. Narcissus and marguerite tubes. 6. Marguerite and narcissus petal tubes. 7, 8. Star tubes. 9, 10. Shell tubes. 11. Seal tube. 12. Border tube. 13. Ribbon tube. 14. Plain rose petal tube. 15. Curled rose petal tube.

shop window, or for table decoration, is not now so great as it was some twenty years ago, as articles of silver and other metals have superseded them.

Use of Waxed Paper.

In preparing piped lace work, in pieces to be afterwards attached to the cake, it is better when possible to use waxed paper, as the sugar, when carefully dried, may be removed from this.

Flower Piping.

Various sugar flowers may be purchased for decorating iced piped cakes, but as many of these have a coarse appearance, it is better for the confectioner to learn to pipe them himself. With practice the art may be readily acquired, as the variety of flowers needed for general

work is not large. Roses are among the popular flowers for decoration, and these may be moulded with marzipan or gum paste, or piped with glacé royal. Rose nails, as in fig. 78, or round flat pieces of cork with ordinary nails driven through them, may be used. These are covered with a thin layer of fat, and the centre piped on with sugar from a plain tube. Stand the nails upright in any firm soft substance, and when the sugar has set firm begin to pipe on the leaves. To form the rose petals a small plain or bent tube is used, as shown in fig. 77, Nos. 14, 15. When No. 15 is used with carefully prepared icing it forms a petal with a curled edge. By this means a graceful-looking flower may be made, and is much better than those that are moulded. To finish the rose, hold the nail between the fingers of the left hand, and pipe on to the dry pyramid of sugar a curl of icing, bringing it up to the top and so making the centre hollow. While this is being done, twist the nail round between the fingers and pipe on three small petals, bringing them almost over the centre. Stand the nail to rest again, and proceed in the same way with the other roses, as it saves time to pipe a number at once. By the time the centre of the last is finished, the first will be ready for receiving the other petals, the object being to make them appear as natural as possible. When using the plain tube for these flowers the petals may be slightly curled or crimped while the sugar is drying, using the back of a small knife for the purpose.

Rose Petal Tube with Curled Edge.

Fig. 78.—Rose Nail

Some nicely coloured roses may be made by adding two coloured mixtures of icing together in the paper cornet. To secure the best results in piping roses, it is advisable, when possible, to obtain a natural flower from which to copy. Mixtures of white and pink, or yellow and pink, used in small quantities, blend well together, without giving the flowers an over-coloured appearance. Small rosebuds (moss roses) are made with red centres shaped like an olive, with green sugar leaves piped on the outside. To colour the roses, a dark-red liquid colour should not be used. When the flowers are dry, cover with powdered carmine spread on with a small camel's-hair brush.

Two-colour Petals on Flowers.

Rosebuds.

Another popular flower which may be piped with royal icing is the narcissus. That known as the *pheasant-eyed* contains six white petals, with a yellow centre. In a sugar flower the top of this is coloured with liquid carmine. With a plain rose tube pipe the six leaves on top of a greased rose nail. The motion of the hand in piping this flower is first outward and then inward. The thick side of the tube should partly lie on the rose nail, and the latter is twisted between the fingers while the petals are being piped. Each petal should slightly overlap the next one, and by twisting the hand when bringing the tube back to the centre of the nail, one side of each petal will be partly raised above

Narcissus.

the other. When the sugar is dry, pipe on the centre ring with yellow icing, and colour the rim with liquid carmine spread on with a camel's-hair brush. To make a variety of these flowers, the petals may be piped on with pale yellow sugar, and the centre ring made with sugar coloured with green and yellow, piped with a very small rose tube. While piping the centre give it a crimped appearance by slightly twisting the hand. Pipe three small pieces of the same colour of sugar in the centre, and colour the edge with a faint streak of pink.

Amongst the small flowers suitable for piping, the marguerite is useful. A small tube (fig. 77, No. 6) is required for forming the petals, which may be piped on to small greased rose nails, or to a small piece of paper laid on the nail and removed as soon as finished; by the latter method one nail will be sufficient for a large number of flowers. Adopt the same method of using the tube as for the narcissus when forming the flower petals, only these must be made flat and narrow. Finish the centres with a bulb of sugar, and cover

Marguerites.

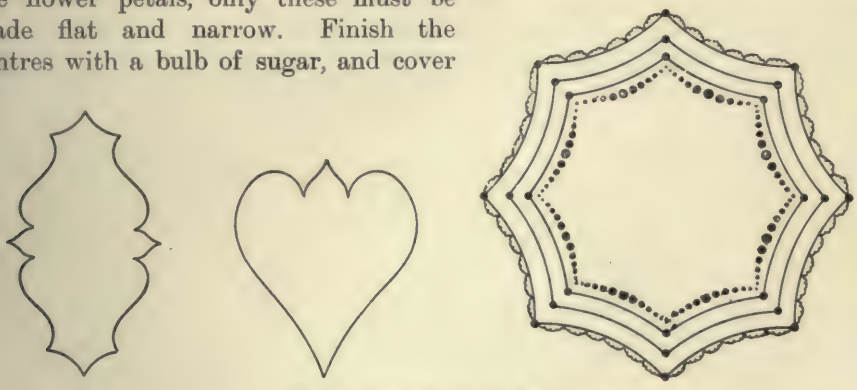


Fig. 79.—Templets for Cake Tops

this with fine granulated sugar or with piped dots of icing. These small flowers belong to the daisy family, of which there are many varieties, and several are useful for copying.

Sugar leaves prepared off the cake are best laid out on greased or waxed paper and slightly curled over a piece of tin or zinc. Rose leaves, or others in which the veins show clearly, should be piped over with a very fine tube of icing. By piping the leaves off the article to be decorated, they may be made thin, and very nearly a correct copy of the natural leaves. Some rose leaves, or those of other flowers, may be prepared by using a linen or silver papered leaf, covered slightly with wax or lard. This leaf is masked with sugar. When the sugar is dry it may be removed from the leaf, and will bear the impression of the veins. This extra work is required only on special occasions. To pipe leaves directly on the cake, or any article to be decorated, nothing will give more satisfaction than a cut paper cornet, which is preferable to a tube, and with skill very natural-looking leaves can thus be produced.

Piping Sugar Leaves.

Moulding Rose Leaves.

Piping Leaves on Cake with Paper Bag.

For small wedding, birthday, and other decorated cakes, it is an advantage to have at hand a number of designs cut out of cardboard, tin, or zinc, from which the design on the cake may be marked (fig. 79). These may, in the first place, be cut out from a piece of folded paper. For a birthday cake the templet should be laid upon the centre of the cake, and the design outlined with fine piping, forming a hollow which may then be filled in with white or coloured fondant. The fondant will dry while the other part of the cake is being decorated. This will then be ready to receive the piped inscription and other light decoration with a fine tube. When no inscription is required on the cake, and an eight-pointed star is outlined, fill in with chocolate fondant, and pipe over with alternate lines of pink and white sugar. The centre of the star shown (fig. 80) is only partly finished. The strings of sugar are piped to each point with white sugar, and the borders decorated by piping on small curled loops, alternating with bulbs of pink icing, with small silver dragées.

Templets for Cake-top Designs.

Making Fondant Centres.

Star Design.

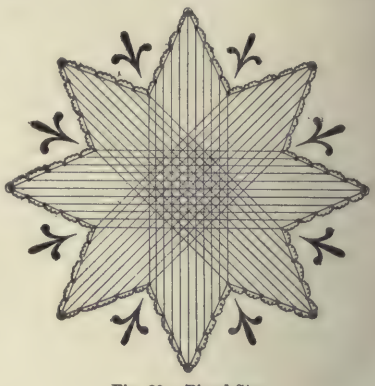


Fig. 80.—Piped Star

It is necessary, when piping the strings of sugar on this or other designs, to hold the tube fully half an inch above the cake. This will give a rounded appearance to the lines and a better finish. The same principle applies when decorating the borders or sides of a cake. The work then is more difficult, but the tube should not be pressed close upon the cake, except when an outline of a design is being made, which will be piped over. For some of this fine work the paper cornet (fig. 81) only may be used. This should be of a stiff paper, not liable to shred at the point. Another detail which should not be lost sight of is the folding and cutting of the cornet. The paper should be closely folded, filled with sugar, closed over, and the point cut off with a clean and straight cut so that the strings of sugar may be forced out round.

How to keep Sugar Strings Round.

How to cut Paper Bag.

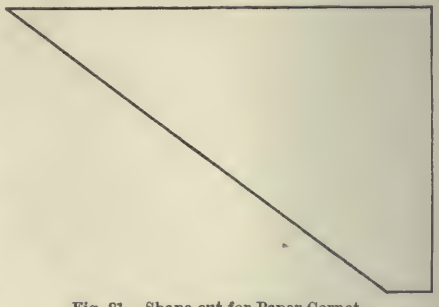
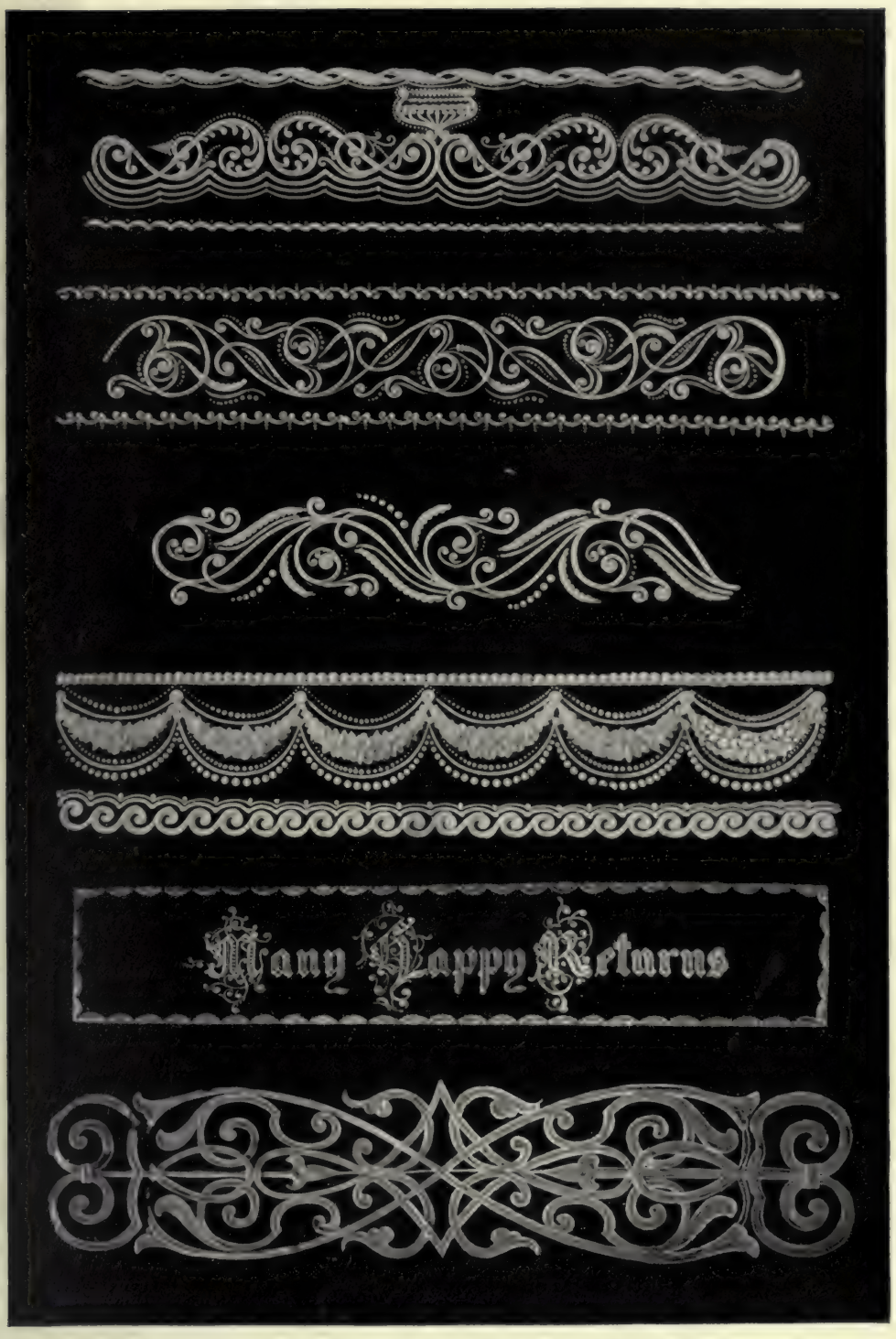


Fig. 81.—Shape cut for Paper Cornet

The outline of a simple scroll in two stages is shown in fig. 82. It is prepared in the first stage by piping on the cake a line of looped curves, and working a scroll in the centre of each. The point of the scroll is raised with a thick line of icing, and finished with the fine tube. Two points



PIPED SCROLLS FOR CAKE SIDES AND PANELS

must be carefully attended to when preparing this design. First, the looped lines and the scrolls must be carefully arranged on the curve, no part

Fig. 82.—A Simple Scroll in Two Stages

being a straight line; then the overpiping of one line on the top of another must be done with very great care or the work looks clumsy.

A rough sketch (fig. 83) is here given showing the progress, in five stages,

Fig. 83.—Hollow Stem Piping

of hollow stem piping, which, when piped on the side of a cake, may be finished with sprays of flowers. Here, again, the curved loops are used for the groundwork, and the hollow stems formed by piping one upon another fine lines of icing, and on the centre of each is laid a row of graduated bulbs.

Hollow Stem Design.

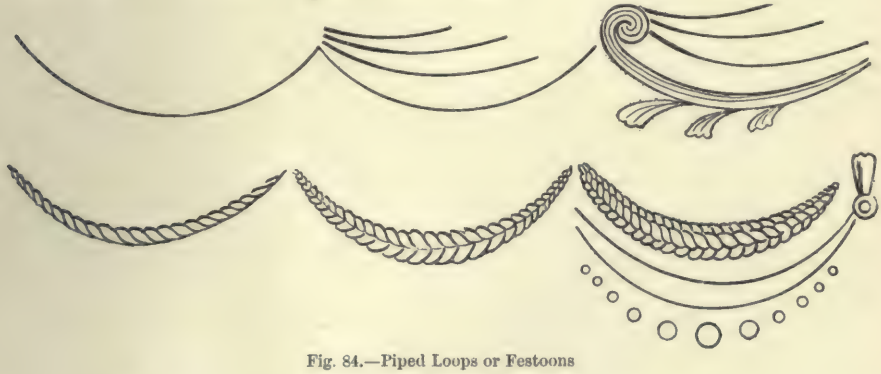


Fig. 84.—Piped Loops or Festoons

Upon the side of a cake some very neat designs may be piped, having for the groundwork a series of sugar loops or festoons as shown in fig. 84. Three loop lines of twisted sugar are piped with a plain tube, and outlined with fine curved strings and sugar bulbs in various sizes.

Show cakes or dummies, placed on bevelled boards, are more easily decorated, so that the design has a better-balanced appearance, than if the cakes are fixed on perfectly flat boards. The latter break the continuity of the design. Fig. 85 shows a design in four stages, which, when neatly finished, has a showy appearance. The design is easy to follow. A small rose tube is used for the bottom and a medium-sized plain tube for the top. Some neat designs for sides of cakes

Bevelled Boards for Cakes.

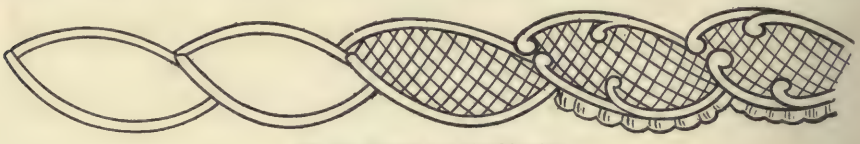


Fig. 85.—Stages in a Piped Design

are given on the plate entitled PIPED SCROLLS FOR CAKE SIDES AND PANELS.

As an expedient to secure speed and accuracy in piping designs on the sides of cakes, or, for that matter, on their tops, stencils of the designs may be prepared with stiff paper, or can be ordered from a stencil-cutter. These should be made with thin copper, so as to be quite flexible. The stencil is bent round the side of the cake, which has been already iced over and dried; then some ordinary stiff icing is spread on top of the stencil. The icing passes through the perforations on to the cake, and when the stencil is removed the groundwork of the design is in place, ready for piping on in the usual way. Such a stencil is comparatively cheap, and saves much time by obviating the necessity of designing and measuring, which are the most troublesome parts of the work on the sides of cakes.

Stencils for Cake Sides and Tops.

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